Bar Hill

Metric Recipe Book

A Collection of Recipes from the Residents of
Bar Hill Village, Cambridge

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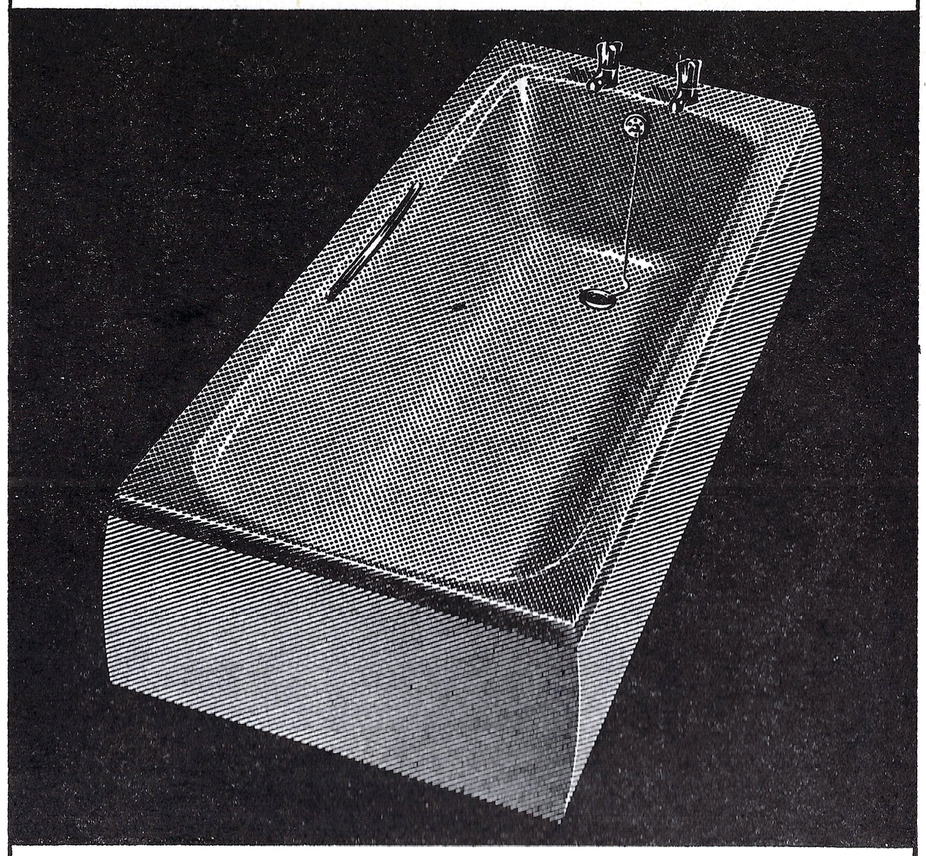

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Metric Recipe Book

A Collection of Recipes from the Residents of Bar Hill Village, Cambridge

FOREWORD

In itself this book is a winner. In use it will commend itself. It helpfully anticipates your imminent need of a recipe book that carries your kitchen into the metric age.

Why then take up space with a foreword, however brief?

Well, chiefly to make it plain that in purchasing this book you are assisting one of the most exciting ventures in Church Unity which is daily demonstrating its viability.

We thank you for your help and wish you well in your practical exploration of the contents of the book. We hope you will be interested in Bar Hill Church Centre which is a shared project by:—

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The committee wish to express their grateful thanks to the following who have made publication of this book possible:

The residents of Bar Hill who contributed recipes and helped us obtain advertising, the advertisers for their generous support, Douglas Baker for the cover cartoon and Mr. Jefferson, our printer, for his endless patience and help.

Note

Discrepancies in conversion to metric units may occur in the recipes. This results from alteration of proportions throughout the recipe to avoid awkward fractions in measurements.

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Profits from the sale of this book will go to the
Bar Hill Interdenominational Church Centre Building Fund.

MAIN COURSES

LIVER CASSEROLE
(2½ pint casserole)

Serves 4

¾ lb lamb's liver (375 gms)
Seasoned flour
1½ oz fat (45 gms)
1 large onion
4 oz streaky bacon (120 gms)
4 oz mushrooms (120 gms)
15½ oz tin tomato soup
Parsley

Coat liver with the seasoned flour and fry in the fat until each side is browned. Place in the casserole.

Chop the onion and bacon and slice the mushrooms. Sauté lightly. Remove from pan and place on top of liver in casserole. Pour soup into the casserole and cover. Cook in the middle of the oven at 350° F. or Gas mark 5 for 45 minutes. Garnish with parsley.

Mrs. D. Miller.

BAKED FISH WITH MUSHROOMS

Serves 3

6 fillets of sole or plaice
6 oz small mushrooms (185 gms)
Salt
Freshly ground black pepper
1½ oz butter (45 gms)
4 wedges lemon
Parsley

Wipe fish and remove any dark skin. Fold over into neat portions and arrange in shallow casserole with a few mushrooms at each end. Sprinkle with salt and pepper and dot with small pieces of butter.

Cover with kitchen foil and bake in centre of moderately hot oven (375° F. or Gas mark 5) for about 30 minutes until fish is cooked through.

Remove foil and garnish dish with lemon and parsley.

Mrs. B. Smedley.

SWEET AND SOUR PORK

Serves 4

4 pork chops
2 onions
2 cooking apples
2 dessertspoons Demerara sugar
¼ pt stock
Cayenne pepper
Salt
Parsley
1 oz butter

Chop onions finely. Peel and slice apples. Gently fry onions in butter, add sugar, stock and put in shallow oven dish. Cover with apples and place pork chops on top. Bake at 375° F. or Gas mark 6 for 40 minutes.

Sprinkle with parsley.

Mrs. B. Smedley.

BEEF GALANTINE

1 lb lean chuck or rump steak (500 gms)
8 oz ham (227 gms)
1 onion (minced)
4 tomatoes (skinned and sieved)
4 oz breadcrumbs (114 gms)
2 large eggs
Salt and pepper
Parsley and thyme
1 teaspoon grated lemon rind

Mince steak and ham together.

Mix all ingredients together.

Press into a greased 2 pint basin. Cover with 2 layers of grease-proof paper or foil, steam for 4 hours.

Re-cover with fresh paper, top with a saucer and heavy weight, leave overnight.

Use sliced in salads.

Mrs. P. Lakin.

CHICKEN IN BARBECUE SAUCE

2 or 3 chicken joints
3 oz butter or margarine
4 tablespoons vinegar
1 tablespoon Worcester Sauce
1 tablespoon tomato puree
1 level teaspoon brown sugar
1 teaspoon finely chopped onion
1 level teaspoon paprika pepper
½ teaspoon salt

1. Melt butter in small saucepan and brush all over chicken.
2. Grill chicken pieces, skin side down, in grill pan for 15-20 minutes.
3. Meanwhile add all remaining ingredients to butter left in saucepan and simmer for 2 minutes.
4. Turn chicken, brush with sauce and grill until cooked right through (15-20 minutes).
5. Serve with remaining hot sauce poured over top.

Mrs. J. Ancliffe.

CHICKEN SPECIAL

Serves 4

4 chicken portions
1 medium sized onion
¼ lb mushrooms
1 medium sized tin of tomatoes

Partly grill the chicken portions—under a low heat in a little fat. Peel and thinly slice the onion into rings. Chop the mushrooms. Add the onion rings and mushrooms to the chicken grill and continue cooking until they are practically cooked. Pour the tomatoes into the pan and mix with the mushrooms and onions—breaking the tomatoes to make a sauce. Cover the chicken portions with the mixture and return to the grill for a few seconds.

Mrs. P. Muir.

PORK AND ORANGE CASSEROLE

1½ lb shoulder pork (700 gms)
1-1½ oz seasoned flour (30-45 gms)
2 tablespoons oil plus ½ oz lard (15 gms)
Rind of 1 orange
Juice of 1½ oranges
½ pt chicken stock (make from chicken cube)
1 small packet frozen peas
Chopped parsley

Remove fat from meat and cut into cubes. Toss in seasoned flour and fry gently. Place in casserole. Cut rind into fine strips and put into sieve and pour boiling water over.

Place in casserole with orange juice and stock. Oven 350° F. or Gas mark 3-4 for 1 hour 40 minutes. Add peas and return to oven for 10 minutes.

Mrs. E. M. Norton.

BARBECUED SPARE RIBS

4 thick spare rib chops
½ oz butter
1 small onion
1 level tablespoon brown sugar
2 level teaspoons dry mustard
1 level teaspoon salt
½ level teaspoon paprika pepper
4 teaspoons tomato paste
1 tablespoon Worcester Sauce
¼- ½ pt water
1 tablespoon vinegar
2 tablespoons lemon juice

Can be added if liked:—

1 green pepper
¼ lb mushrooms
1 stalk of celery

Peel and chop onion, chop celery, pepper and mushrooms. Mix sugar, mustard, salt and pepper with tomato paste and liquids.

Cook chops in an uncovered casserole for about 30 minutes at 400° F. or Gas mark 6. Pour off the fat.

At the same time, fry the onion in butter, add the remaining ingredients and pour over the chops. Cover and continue baking for about 45 minutes.

Serve with mashed or baked jacket potatoes.

Mrs. J. Hook.

BOEUF BOURGUIGNON

1¼ lb-1¾ lb braising beef (700 gms)
2 oz lard (60 gms)
½ lb onions (250 gms)
2 rashers bacon
4 oz mushrooms (125 gms)
½ oz flour (15 gms)
¼ pt cheap Burgundy
½ pt beef stock (beef stock cube)
Bouquet garni and seasoning

Cut meat into cubes and fry lightly. Remove from pan. Cut onions into slices and fry. Add flour and beef stock a little at a time.

Place meat in casserole with onions and stock. Add Burgundy, bouquet garni and seasoning. Cook in oven 300° F. or Gas mark 3 for 1¼ hours. Then add mushrooms and bacon chopped and lightly fried. Cook for another hour or until meat is cooked.

Mrs. E. M. Norton.

STUFFED GREEN PEPPERS

Recipe for 5 or 6 persons

1 lb minced beef (500 gms)
1 medium sized onion—chopped
1 cup cooked rice
5 medium size peppers or 6 small peppers
1 tablespoon tomato paste
1 clove garlic or ¼ teaspoon garlic powder
1 teaspoon salt
Pepper to taste
1½ teaspoons oregano
1 egg
Small tin tomato soup

1. Mix all the ingredients together except pepper and soup.
2. Take each pepper, wash and dry them. Carefully cut stem out of pepper, leaving pepper looking like a basin.
3. Stuff each pepper with the mixture.
4. Put peppers in a large casserole and cover with soup.
5. Cover with lid and cook in oven 350° F. or Gas mark 5 for 1½ hours.

Mrs. H. Fudge.

SPAGHETTI BOLOGNAISE

8 oz minced beef (250 gms)
1 oz butter (30 gms)
Clove garlic
Olive oil
1 carrot
Mixed herbs
Tomatoes
½ pt beef stock
1 onion
2 bay leaves
1 oz cream or cheese (30 gms)
Tomato puree
Spaghetti 4 oz per person (114 gms)

Crush garlic and rub round pan. Melt butter with 3 tablespoons oil and add ½ small teaspoon mixed herbs. Add grated carrot and fry gently. Add grated onion and fry until soft but not brown. Add bay leaves and season well. Mix in the minced beef and brown and then add the stock. Allow to simmer gently for 20 minutes. Add the cream or cheese, chopped tomatoes and puree. Allow to simmer for a further 5 minutes. Cook the spaghetti until soft in boiling salted water. Drain and serve with the sauce.

Mrs. L. Downey.

CHICKEN CASSEROLE

4 chicken joints
1 lb carrots—peeled and sliced
1 onion—peeled and sliced
Bay leaf
Stock
1 oz dripping
Seasoning

Fry chicken in fat until golden brown. Fry onion and carrots. Place in a casserole with bay leaf and seasoning and cover with stock. Cover and bake for 2 hours at 300° F. or Gas mark 3. Serve with potatoes and a green vegetable.

Mrs. M. White.

LEMON TANG MEATBALLS

1 lb minced beef (500 gms)
3 oz fresh white breadcrumbs (100 gms)
3½ tablespoons tomato ketchup
1 beaten egg
Salt
3 oz grated cheese (100 gms)
2½ tablespoons finely chopped green pepper
1⅓ tablespoons finely chopped onion
1⅓ tablespoons lemon juice
8 rashers lean bacon

Mix all ingredients except bacon. Stand for 5-10 minutes. Divide the mixture into 8 and shape into balls. Wrap a rasher of bacon round each and secure with a cocktail stick. Heat grill and rub grill pan with fat to prevent sticking. Grill meatballs for 5 minutes until cooked.

Mrs. V. Gostelow.

CURRIED STEAK EN CASSEROLE

For 4 persons

1 lb stewing steak cut into cubes (500 gms)
2 medium onions
1 large cooking apple
2 oz sultanas (60 gms)
5 teaspoons curry powder (this makes a mild curry)
15 oz boiling water (1 demilitre)
2 Oxo cubes
1 oz cornflour (30 gms)
Salt
Pepper
1 tablespoon plum jam and 1 tablespoon chutney if available

Brown all sides of steak quickly in frying pan, place in casserole. Peel and chop onions and add. Peel and slice apple and add. Sprinkle with the cornflour. Add jam, chutney, curry powder, sultanas, salt and pepper. Mix well then add stock made from Oxo cubes and boiling water. Mix well again. Place lid on casserole. Cook on lowest shelf of oven at 250° F. or Gas mark 2 for 3½ hours. Serve with boiled Patna rice and either peas or tinned tomatoes.

Mrs. M. Parrott.

TUNA FISH CASSEROLE

This is quick and easy. A good emergency recipe

Recipe for 3 persons

1 tin tuna fish
½ lb packet frozen beans
1 tin condensed mushroom soup
1 packet crisps

Part cook beans. Place tuna fish (flaked), beans and soup in casserole. Break crisps and sprinkle over mixture. Place in oven 350° F. or Gas mark 5 for about 30 minutes. Serve with rice.

Mrs. H. Fudge.

CHICKEN JAMBALAYA

½ cooked chicken or 2 joints
2 medium onions (sliced)
½ green pepper
2 sticks celery
2 tablespoons cooking oil
¼ lb mushrooms
¾ lb tomatoes (skinned)
½ pt chicken stock (cube)
6 oz Patna rice
2-4 oz shelled prawns (or diced ham)
1 small packet frozen peas

Place onions, chopped celery and pepper in pan and fry. Cut chicken into small pieces. Cut skinned tomatoes into quarters. Slice mushrooms. Add mushrooms and tomatoes to vegetables in pan together with well washed rice and chicken stock. Cook 15-20 minutes until rice is tender. Remove from heat and add seasoning, chicken, prawns and peas and warm through.

Mrs. E. M. Norton.

FAVOURITE CHICKEN CASSEROLE

(This can be prepared 24 hours before needed and kept in the refrigerator)

Recipe for 4 or 5 persons

1 chicken—2-3 lb
1 medium sized onion—chopped
1 green pepper—chopped
3 sticks of celery—chopped
1 clove garlic—minced or ¼ teaspoon garlic powder
1 tin tomatoes—medium size
2 tablespoons chopped parsley
½ teaspoon oregano
½ cup flour
1½ teaspoons salt
¼ teaspoon pepper
2 oz margarine

1. Clean and disjoint chicken into serving-size pieces.
2. Coat each piece with flour.
3. Brown each piece in heated margarine.
4. When chicken pieces are evenly browned put them into a large casserole.
5. Place onion in pan and fry until transparent. Add green pepper, celery, garlic, salt and pepper. Cook for about 2 minutes.
6. Add tin of tomatoes, parsley and oregano. Bring to the boil.
7. Pour mixture over chicken joints. Cover with lid and cook in oven 350° F. or Gas mark 5 for 1½ hours. Serve with rice.

Mrs. H. Fudge.

BAKED COD

Cod cutlets
½ pt cider
Breadcrumbs
1 onion—finely chopped

Place cutlets in a dish. Pour over cider, breadcrumbs and onion. Cover and place in oven for about ¾ hour at 350° F. or Gas mark 5.

Mrs. C. Pook.

DEVONSHIRE FISH

1-1½ lb fresh haddock (500 gms)
Seasoning
2 or 3 tomatoes
3 oz mushrooms (90 gms)
Cider—½ pt
1 oz margarine (30 gms)
1 oz flour (30 gms)
Creamed potatoes
1 oz grated cheese (30 gms)
1 or 2 sliced tomatoes
Parsley

Wash fish well and then skin and cut into 2 inch pieces. Place in casserole. Skin tomatoes and slice and put on top of fish. Slice mushrooms and put on top. Dot with margarine and add seasoning. Almost cover fish with cider. Bake in oven 350° F. or Gas mark 3-4 for 20-30 minutes. Remove from oven and strain off liquid—make roux sauce with flour, margarine and liquid made up to ½ pint. Pour over fish. Grate cheese on top. Sliced tomatoes on top and pipe potatoes round edge of dish. Brown under grill.

Mrs. E. M. Norton.

HALIBUT MAYONNAISE FOR A PARTY

2 lb halibut—fillet and skinned (1 kilogram)
1 oz water (30 gms)
1 oz white wine (30 gms)
Salt and pepper
2 oz cornflour (60 gms)
2 oz cold milk (60 gms)
2 oz butter (60 gms)
Grated cheese
1 egg

Cook halibut in water and wine for about a minute until it flakes. Mix the cornflour and milk to a smooth paste and pour into the fish and stir to a creamy consistency. Add butter and let it melt. Remove from the heat and beat in some grated cheese and an egg. Turn into a wetted mould to set. Turn out and garnish with tinned sweet peppers and peeled prawns.

Mrs. Holden.

HERRINGS

4 herrings
4 large teaspoons mustard
Vinegar
Salt and pepper
1 onion—sliced
Tomatoes—sliced
Butter

Clean and bone the herrings. Make the mustard, mixing to a firm consistency with the vinegar and spread the mixture on the inside of the herring. Fold them and put in an oven-proof dish. Arrange onion and tomato on top and cover with small knobs of butter. Bake for 30 minutes at 400° F. or Gas mark 6.

Mrs. Holden.

COTSWOLD CHEESE DUMPLINGS

4 oz grated cheese (120 gms)
4 oz fresh breadcrumbs (120 gms)
2 oz melted butter (60 gms)
2 eggs
Salt and pepper
Deep fat for frying

Mix cheese, breadcrumbs, melted butter and one of the eggs in a basin. Season to taste. Divide the mixture into 12 portions and shape each into a round dumpling. Coat twice in egg and browned breadcrumbs. Fry in deep fat until golden brown. Can be eaten with salad.

Mrs. A. Pitman.

CHEESE 'N RICE

7 oz Patna rice (200 gms)
1 egg
4 oz grated cheese (120 gms)
1 rasher streaky bacon
3 tomatoes—sliced
6 tablespoons milk
Seasoning

Boil the rice in salted water for nine minutes, drain, and run under hot water to remove the starch. Add the milk and beaten egg and stir in well. Mix in $\frac{2}{3}$ of the cheese. Turn into an oven-proof dish and garnish with tomato and chopped bacon. Cover with the remaining cheese and bake for 35 minutes at 350° F. or Gas mark 5.

Mrs. M. Ilett.

EGGS FLAMENCO

4 eggs
2 potatoes (cooked and diced)
2 oz margarine (60 gms)
2 Frankfurter sausages (sliced)
Salt and pepper
2 tablespoons baked beans
2 fresh or bottled sweet red peppers (shredded)
8 tomatoes (skinned, quartered and seeds removed)
Chopped parsley
2 tablespoons top of milk or cream
Cayenne pepper

Melt margarine in a frying pan, add potatoes and sausages and shake over heat until potatoes begin to brown. Season and add baked beans and peppers. After 4-5 minutes add tomatoes and a good sprinkling of parsley. Turn the mixture into the bottom of a flat oven-proof dish and break the eggs on top. Season again. Pour milk or cream on top and place in oven at 350° F. or Gas mark 4 for about 5 minutes until the eggs are set. Sprinkle with cayenne pepper to serve.

Mrs. G. Oakley-Smith.

POTATO, LEEK AND HAM CASSEROLE
For 4 persons

1½ lb potatoes (700 gms)
8 oz ham (250 gms)
½ oz butter (15 gms)
1 lb leeks (500 gms)
1 large can of cream of chicken soup
Salt
Pepper

Peel and slice potatoes approximately $\frac{1}{4}$ inch thick, cook for five minutes in boiling salted water then drain. Wash and trim leeks, cut into 1 inch lengths. Dice ham. Grease large casserole with the butter and fill with alternate layers of potatoes, leeks and ham; season each layer. The top layer must be potatoes. Pour over one large can of chicken soup, place lid on casserole. Cook in the lowest part of the oven at Gas mark 3 for 2 hours.

N.B. The cheapest ham available is suitable for this recipe.

Mrs. M. Parrott.

MARROW EN CASSEROLE A LA BAR HILL
For 4 persons

1 medium sized marrow
1 oz butter
4 oz grated Cheddar cheese (120 gms)
Salt
Pepper

Peel marrow, remove seeds and cut into small cubes (approximately 1 inch). Grease casserole with half of the butter. Cover bottom of casserole with some of the marrow cubes, sprinkle with grated cheese and season, continue in this way until all marrow is used up, top layer must be cheese. Dot with the remaining butter. Place in lower part of oven Gas mark 4 for 2 hours.

Mrs. M. Parrott.

MU-YUNG

1½ oz rice per person (45 gms)
3-4 oz ham per person (250 gms)
1 lb tomatoes (500 gms)
4 oz mushrooms (125 gms)
1 onion
Pineapple ring to garnish
Butter or oil

Boil the rice and allow to dry in the oven. Dice the ham and fry until cooked. Fry the chopped onion until soft and then add chopped mushrooms and pieces of tomato. Fry the rice in butter. To serve put a portion of rice on the plate and cover with a portion of the savoury mixture. Top with a ring of grilled pineapple.

Mrs. L. Downey.

SAUSAGE SURPRISE

1 lb pork sausages
2 large onions—sliced
2 tomatoes—sliced
3 or 4 mushrooms—sliced
Herbs
Oxo gravy

Place sausages in an oven-proof dish and cover with gravy.

Fry onions until golden brown and add to sausages. Add rest of the ingredients. Bake for 1½ hours in a slow oven. Serve with mashed potatoes.

Mrs. M. Ilett.

SPICED SAUSAGE-MEAT PIE

4 oz shortcrust pastry
1 onion—thinly sliced
2 tomatoes—sliced
1 lb sausage-meat
2 tablespoons chutney
Salt and pepper

Line a flan ring with pastry and cut lattice strips from the remains. Fry the onion until beginning to brown. Press half the sausage-meat into the bottom of the flan. Arrange the onion, chutney and tomato on top. Cover with the rest of the sausage-meat. Make a lattice with the pastry strips. Bake for 35-40 minutes at 375° F. or Gas mark 7.

Mrs. V. Gostelow.

FISH PIE

8-12 oz cooked white fish (227-400 gms)
¼ pt thick white sauce
2 teaspoons chopped parsley
Garnish with parsley
1 lb mashed potatoes (500 gms)
½ oz margarine (15 gms)
2 tablespoons milk
Salt and pepper

Bone and flake fish and mix with sauce, flavouring and seasoning. Turn into a greased 1¼ pint dish. Warm milk and margarine in a saucepan, add potato and seasoning and quickly beat to a light purée. Pile over fish mixture, and smooth over with a fork. Cook for 35-45 minutes in oven set at 400° F. or Gas mark 6.

Mrs. M. Lancaster.

MACKEREL IN EGG AND BUTTER SAUCE

Mackerel
2 egg yolks
1 teaspoon French mustard
Salt and pepper
1 tablespoon chopped herbs
2 oz butter

Clean, fillet and poach fish. Mix egg, mustard and herbs. Add melted butter slowly, stirring well. Serve sauce separately as it is quite thin and will soak into fish.

Mrs. C. Pook.

KEDGEREE

4 oz Patna rice (114 gms)
1 medium smoked haddock
2 oz butter (60 gms)
2 hard-boiled eggs
2 teaspoons chopped parsley
Pepper
Salt
Cayenne pepper

Garnish

Pieces of lemon and a pinch of paprika pepper

Boil rice in salted water until tender but firm. Drain and dry off under a cloth. Cook haddock and remove all skin and bone; flake the fish. Chop eggs and mix with parsley. Melt butter in pan and stir in the other ingredients. Season. Heat through, turning carefully to keep the mixture light. Pile in a pyramid on a hot dish. A gentle shake of cayenne pepper may be added if liked.

Mrs. M. Lancaster.

STUFFED SOLE OR PLAICE

Skinned fillets of sole or plaice
Skins and bones of fish
Mushrooms
Cream
Breadcrumbs
Parsley
Fennel
White wine
Shallot or chives
Shrimps

Quantities depend on how many fillets. Only a small amount is required

Finely chop mushrooms and herbs. Mix with breadcrumbs and moisten with a little cream. Cut fillets lengthwise and place a little stuffing on each. Roll up and secure with cotton. Make a fish stock from wine, bones, skin and herbs and poach fish gently. Make a thick white sauce with cream. Thin with strained stock. Add shrimps. Place cooked fish in a dish and pour sauce over.

Mrs. C. Pook.

SKATE WITH BLACK BUTTER

Skate
Parsley
1 onion
2 tablespoons vinegar

Poach skate in water with parsley, onion and vinegar for 20 minutes. Place in serving dish, sprinkle with parsley and keep hot. Black butter must be made immediately before use. Put 2 oz butter into a saucepan. Heat until foaming and brown. Pour over fish. In same saucepan boil 2 tablespoons vinegar and a few capers. Pour over fish and serve.

Mrs. C. Pook.

BRAISED PORK WITH ORANGE

1½ lb belly pork (700 gms)
2 oranges—thinly skinned
2 or 3 onions
Clove of garlic
1 tablespoon oil
1 oz margarine (30 gms)
Salt
Pepper
Marjoram
Flour

Soften the onions and garlic in the oil and margarine until they turn yellow. Cut the rind off the pork and divide into pieces. Rub in salt, pepper and marjoram into pieces and flour lightly. Remove onions from pan. Brown pork pieces lightly. Layer pork, sliced onion and sliced orange in a casserole. Season well. Cook for 1 hour at 300° F. or Gas mark 4.

Mrs. B. de Waal.

CHEESE AND TOMATO FLAN

7 inch flan case made with shortcrust pastry
4 oz grated cheese (114 gms)
8 oz tomatoes (227 gms)
1 onion
1 oz butter (30 gms)
2 eggs
Salt and pepper

Mix tomatoes and cheese. Chop onion and fry in butter. Add tomato and cheese. Add beaten eggs and season to taste. Pour into flan case and cook for 40-50 minutes at 300° F. or Gas mark 4.

Mrs. P. Fromant.

BACON AND CHEESE FLAN

11 inch flan case made with shortcrust pastry
6 oz streaky bacon (180 gms)
4 oz thinly sliced mild cheese (114 gms)
3 eggs
1 pt milk
Salt
Pepper
2 tablespoons grated cheese

Make and bake flan case until firm but not brown. Cut 2 oz of bacon into thin strips and fry until crisp. Beat the eggs and add warmed milk. Season to taste.

Cook egg and milk mixture in a double saucepan until slightly thickened. Cool. Stir from time to time to prevent skin forming. Sprinkle fried bacon over bottom of flan case and cover with sliced cheese. Pour egg mixture on top and put in hot oven for 20-25 minutes until mixture is set. Make remaining bacon into rolls. Grill until crisp. Sprinkle baked flan with grated cheese and brown under grill. Arrange bacon rolls on top and serve hot.

Mrs. P. Fromant.

CHOPS WITH SAUCE
4 servings

4 pork chops or fillets or lamp chops
2½ oz butter (75 gms)
4 oz mushrooms (114 gms)
Clove of garlic (crushed) optional
4 medium tomatoes (skinned and sliced)
Top of the milk
1 tablespoon wine or sherry

Dust chops with seasoned flour. Fry in butter for 8-10 minutes, turning and basting. Remove to dish and place in oven, 300° F. Gas mark 4. Fry mushrooms in butter and meat juices. Add the tomatoes and garlic, cook very gently until tomatoes disintegrate. Stir in top of milk and wine. Pour sauce over chops, cover and keep in oven until needed. Cream can be used instead of milk to make a real party dish.

Mrs. J. Prandy.

SHOULDER OF PORK CASSEROLE

4 shoulder of pork chops (about 6 oz each) (185 gms)
2 large onions—peeled and sliced
1 carrot—peeled and sliced
1 stalk celery—washed and cut up
4 oz mushrooms—peeled and sliced (120 gms)
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon dried mixed herbs
1 tablespoon flour
½ pint stock or dissolved bouillon cube
1 large apple—peeled, cored and sliced (optional)

Wipe chops and cut off any excess fat. Heat this fat in thick saucepan or frying pan and fry the chops in it for 2-3 minutes each side. Remove to a plate. Fry the vegetables in the fat left in the pan for about 4 minutes, stirring often, then transfer them to the casserole. Add the salt and pepper and sprinkle in the mixed herbs. Stir the flour into the fat juices left in the pan, over low heat, then add stock or dissolved bouillon cube and stir until boiling. Pack the chops on top of the vegetables and put sliced apple on top. Pour in boiling stock, cover casserole and put in a hot oven (425° F. or Gas mark 7) until boiling again, then lower heat to slow (300° F., Gas mark 2) and cook for 2-2½ hours.

Baked apples go excellently with this casserole. They can be served instead of the usual apple sauce or as a sweet.

Mrs. P. Fromant.

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CASSEROLE OF BEEF
Serves 4

1 lb stewing or braising beef (500 gms)
1 medium size onion
1 lb potatoes (500 gms)
1 cube oxtail soup
Pepper and salt

Cut beef into small cubes, roll in flour, fry until golden brown. Put these into a casserole. Peel onion and potatoes, slice these as thinly as possible, put in alternate layers over meat. Dissolve the cube in 1 pint of water, pour over ingredients in casserole. Cook in gas oven, Gas mark 4 or electric 350° F.

Mrs. Sheehan.

DESSERTS

APRICOT SOUFFLE

1 large tin apricots
4 oz sugar (114 gms)
¾ oz gelatine
2 egg whites
Juice of half a lemon

Strain the apricots, put juice in a saucepan with the sugar and boil for 5 minutes. Meanwhile rub apricots through sieve reserving 2 halves for decoration. Melt gelatine in a little water and add to puree. Beat 2 egg whites very stiff, pour boiling sugar on to this, beat until thick. Add puree and the juice of half lemon. Put into glass dish and decorate when cold with chopped apricots.

Mrs. D. Miller.

HOME MADE MOUSSE

1 jelly
1 small tin condensed milk

Make jelly and allow to almost set. Add condensed milk and whisk until the two ingredients are completely mixed. Leave for about an hour before serving.

Mrs. H. Fudge.

ORANGE CREAM TART

Pastry
4 oz flour (120 gms)
2 oz margarine (60 gms)
Water
Pinch of salt

Filling
2 egg yolks
2 oz castor sugar (60 gms)
Rind of an orange
½ pt milk
1 oz flour (30 gms)

Line an 8 inch flan ring with pastry and bake 'blind' at 425° F. or Gas mark 7 for 15 minutes.

Mix sugar, egg yolks and flour; add heated but not boiled milk; return the mixture to the saucepan, add the orange rind, finely grated and cook the 'custard' for 3 minutes. Allow to cool, and pour into pastry case.

Topping—Spread 1 tablespoon of orange marmalade. (A jelly marmalade looks most decorative).

Alternative topping—Lay thin slices of well peeled fresh oranges on the cooled custard, spread the marmalade on them and then sprinkle a very few drops of Grand Marnier on top.

Mrs. M. King.

SYLLABUB

4 oz sweet wine or sherry (120 gms)
2 tablespoons brandy
1 lemon
2 oz sugar (60 gms)
½ pt double cream
Nutmeg

Soak lemon peel in juice and wine. Strain and add sugar. Pour in cream, stirring all time. Grate nutmeg and whisk until stiff and forms peaks. Serve cold with biscuits.

Mrs. C. Pook.

CHALET CHOCOLATE FUDGE PIE

Crumb case
5 oz digestive biscuits (142 gms)
4 oz butter—melted (125 gms)
4 oz sugar (125 gms)

Filling
8 oz butter (250 gms)
5 oz sugar (150 gms)
2 eggs
2 oz plain chocolate (56 gms) melted and cooled
1 teaspoon vanilla
4 oz miniature marshmallows (114 gms)
4 oz chopped walnuts (114 gms)

Crush biscuits and mix with melted butter and sugar. Line a 9 inch pie tin and set in refrigerator.

Cream butter and sugar. Add eggs, chocolate and vanilla and beat until fluffy. If mixture seems thin, chill and then beat. Fold in marshmallows and nuts. Spoon into crumb case. Top with whipped cream if desired.

Mrs. V. L. Gostelow.

PETITS FLAN

1 small packet puff pastry
2 dessert apples
Apricot jam

Roll out pastry to 7 inch square, cut into four and put on baking tray.

Put half apple (peeled and cored) on pastry and make slices nearly through. Good teaspoon jam on each. Bake until pastry is golden brown for 15-20 minutes at 400° F. or Gas mark 6.

Mrs. E. M. Norton.

CHOCOLATE POTS

6 oz milk or plain chocolate (185 gms)
3 eggs
Cream

Separate eggs and whip whites until stiff. Soften chocolate over hot water. Stir in egg yolks and beat in the whites. Put mixture into individual pots and decorate with whipped cream and a cherry.

Mrs. Hawkins.

LEMON CRUNCH PIE

4 oz digestive biscuits (114 gms)
2 oz butter (60 gms)
¼ pt single cream or small tin evaporated milk
6 oz can condensed milk
2 lemons

Melt butter and mix in crushed biscuits and line a shallow dish. Whisk condensed milk and evaporated milk in basin. Add grated lemon rind and stir. Add juice and whisk. Pour into biscuit case and decorate.

Mrs. E. M. Norton.

PAVLOVA

2 egg whites
6 oz castor sugar (185 gms)
½ teaspoon vinegar
1 tin mandarin oranges
¼ pt double cream

Beat egg whites until stiff, fold in sugar and beat. Add vinegar. Line a tin with greaseproof paper and grease. Put mixture on to paper and shape into a square. Bake for 45 minutes at 300° F. or Gas mark 1-2. Turn upside down on to a serving plate and fill with cream and mandarin oranges.

Mrs. K. Brown.

CHOCOLATE MOUSSE

1 large tin evaporated milk
Vanilla essence
6 oz water (¼ pt)
1 oz gelatine (30 gms)
2 oz chocolate powder (60 gms)
3 oz sugar (90 gms)

Whip evaporated milk and vanilla essence in a large bowl until stiff. Mix water and gelatine and gradually bring to the boil, stirring all the time. Add the chocolate and sugar. Leave to cool and mix both together well. Leave to set.

Mrs. Elmitt.

ORANGE JELLY

6 oranges
2 lemons
1 lb granulated sugar (500 gms)
1 oz gelatine (30 gms)
1½ pts water

Boil water and sugar together. Dissolve the gelatine in a small amount of cold water. Add to the boiling water. Peel oranges and lemons thinly. Pour boiling water over the peel, leave to cool and strain off rind. Add the fruit juice. Pour into mould and leave to set.

Mrs. B de Waal.

WHOLE LEMON PUDDING
For 4 persons

6 oz suet (185 gms)
1 large lemon
Golden syrup
8 oz S.R. flour (250 gms)
1 oz sugar (30 gms)
Pinch of salt

Place flour, suet and salt in a basin. Mix well and add water to make a soft dough. Grease a medium sized pudding basin and dust with the sugar. Roll out dough to size required to line selected basin reserving enough to make top. Line basin with dough, place lemon in whole (washed and dried). Add golden syrup to three quarters fill basin. Cover with top, damp edges and seal well. Cover with greased greaseproof paper and pudding cloth, tying down with string. Steam in saucepan for 3½ hours. When serving slice lemon into 4 pieces.

Mrs. M. Parrott.

BAKEWELL TART

2 oz margarine (60 gms)
2 oz sugar (60 gms)
2 oz ground rice (60 gms)
1 oz ground almonds (30 gms)
1 egg
Almond essence

Line two 7 inch sandwich tins with shortcrust pastry. Cream the margarine and sugar. Mix together ground rice and ground almonds and add this alternately with the beaten egg to the creamed mixture. Add almond essence. Spread a little jam or lemon curd over the pastry and put in the filling. Bake for 40-45 minutes at 350° F. or Gas mark 5.

This mixture may be used for small tarts. A teaspoon of mixture to each tart will make about 24.

Mrs. Southgate.

DUKE OF CAMBRIDGE

Line a flan case with pastry

Topping

2 egg yolks
3 oz margarine (90 gms)
3 oz sugar (90 gms)

Spread a layer of chunky marmalade over the bottom of flan case. Mix the topping ingredients together over heat until the mixture bubbles. Pour over the marmalade. Cook slowly at 300° F. or Gas mark 4 until lightly brown. Serve when cold with a layer of whipped cream.

Mrs. B. de Waal.

PEACH CARAMEL

2 fresh peaches
8 oz dark brown sugar (227 gms)
1 tablespoon milk
1 oz butter (30 gms)

Peel peaches by placing in boiling water and then in cold. Cut in half and remove stone. Join two halves together with a cocktail stick.

Put the rest of the ingredients in a saucepan and bring to the boil, stirring all the time. Simmer for 5 minutes. Remove from the heat and stir until the caramel thickens. Pour over peaches and leave to set. Decorate with cream and nuts.

Mrs. P. Lakin.

Notes

INTERNATIONAL COOKERY

(Recipes collected from some of the village housewives who have come from or lived in other countries)

GERMANY
KOHLROLLEN—CABBAGE ROLL

8 oz minced meat (227 gms)
1 egg
2 tablespoons breadcrumbs
1 onion—grated
Salt and pepper
1 bay leaf
1 small cabbage
1 tablespoon cooking oil

Put 4 or 5 large cabbage leaves into boiling water for a few minutes until soft. Mix together meat, egg, breadcrumbs, onion and seasoning. Place some of the mixture on each cabbage leaf. Roll up and tie with cotton. Fry the rolls in the fat until brown. Cover with water and boil until the cabbage is tender.

Mrs. H. Baker.

MALAYA
CHICKEN, BEEF OR MUTTON CURRY

1½ lb fresh or frozen chicken, beef or mutton (700 gms)
1 large onion
2 tablespoons meat curry powder (the most genuine you can obtain!), made into a paste with 1 cup of water
1 oz sliced or powdered ginger (30 gms)
1 tablespoon crushed garlic
Up to 3 cups fresh milk (1½ pt) (the more milk, the milder the curry)
3 tablespoons vegetable oil or margarine
4 cloves
1 teaspoon cinnamon or 2 inch piece
3 halved potatoes (optional)
1 stock cube

Heat oil in heavy pan. When hot add sliced onions, garlic and ginger and then cloves and cinnamon. Fry until fragrant and then add curry paste and stock cube, stirring for a few seconds. Add meat (chicken pieces or cubed beef or mutton), and stir well for about five minutes. Add potatoes if wished and season with salt. Cover pan and reduce heat. Simmer until meat is tender and then add the milk and cook until potatoes are soft and gravy has reached consistency desired.

Serve curry within ring of plain, boiled, long-grain rice.

Mrs. P. Cassim.

AMERICA
CHICKEN BURGUNDY

1 chicken—jointed
Salt
Pepper
Flour
Butter
1 tin consomme
¼ pt red wine
1 Oxo cube
½ teaspoon marjoram
½ teaspoon thyme
½ teaspoon rosemary
1 teaspoon parsley

Season chicken. Shake in flour and fry in hot butter until golden brown. Remove chicken from pan and add all liquids and herbs to the drippings. Mix together and bring to the boil. Return the chicken to the pan and simmer for 1 hour until tender. Serve the sauce and chicken separately.

Mrs. V. Gostelow.

GERMANY
HUNGARIAN GOULASH

1 lb stewing steak (500 gms)
8 oz onions (227 gms)
3 medium tomatoes
2 medium green peppers
Salt
Pepper
8 tablespoons oil
½ pt water

Cut meat and onions into cubes. Fry onion in oil until brown. Add meat and brown. Pour in water and bring to the boil. Simmer for 1 hour. Add tomatoes and green pepper. Simmer until tender.

Mrs. H. Baker.

JAMAICA
RED RICE AND PEAS

1 brown coconut
8 oz rice (long grain) (230 gms)
1 lb red peas (can be bought at a delicatessen) (500 gms)
2 hot peppers
Bunch escallion
A little fresh thyme
Garlic
Salt
Pepper

Soak peas overnight and with fresh water bring to boil and simmer with chopped escallion, crushed garlic (about two cloves or more according to taste) and a little thyme. The peas will take several hours to soften. Meanwhile, grate the flesh of the coconut. Add a cup of hot water and infuse. Squeeze liquid out of grated coconut and repeat several times. Add to peas while cooking. When peas are soft, add rice, salt and chopped hot peppers. Cook very slowly until rice is done and all liquid evaporated. Excellent with prawns, shrimps or fried chicken.

Mrs. M. Palmann.

JAMAICA
PLANTERS PUNCH

1 bottle of rum
½ sliced unpeeled cucumber
Few drops angostura bitters
Little grated nutmeg
½ breakfastcup of strained orange juice (¼ pt)
¼ breakfastcup of strained lime or lemon juice (⅛ pt)
1 whole skinned mango or two small peeled peaches—sliced
½ peeled pineapple—sliced and cored
Segments of 1 orange
Quarter bottle sugar syrup (1 lb sugar to 1 pt water)

Mix ingredients together. Cover and leave until wanted. Strain before serving and add to each glass some of the fruit.

This drink is very popular in Jamaica for a pre-lunch or late afternoon pick-you-up.

Mrs. M. Palmann.

SOUTH AFRICA
SAMOSAS

Chopped glove garlic
½ cup minced onions (114 gms)
2 tablespoons butter
½ lb minced beef (230 gms)
1 chopped tomato
1 tablespoon curry powder
1 tablespoon chopped parsley
A very little dried ground chili peppers

Fry garlic and onions in butter gently for a few minutes. Add meat and brown, turning frequently. Add rest of ingredients and cook over medium heat for about ten minutes. Strain off any surplus liquid.

Pastry

1¾ cups (8 oz) S.R. flour (230 gms)
Salt
3 tablespoons melted butter
⅓ cup yoghurt (60 gms)
Fat for deep frying

Stir butter and yoghurt into flour and salt. Knead gently until a dough is formed. Cover and let stand for 30 minutes. Roll out as thin as possible into 4 inch squares. Put a heaped teaspoonful on each square and seal the triangle shape with cold water. Heat fat to 375° F. and fry a few at a time until brown. Makes about 24.

If you do not want to make the pastry, use shop bought puff pastry. These Samosas are eaten as a snack with beer.

Mrs. M. Palmann.

SOUTH AFRICA
CURRIED SHISH KABAB

Make a hot curry sauce and marinade a selection of meat, liver and sausages on a skewer. Next evening use as part of a barbecue, with steak, chops, rolls and salads.

Mrs. M. Palmann.

SOUTH AFRICA
BILTONG

Take the hind-quarters of some freshly shot game. Cut into strips. Marinade in a very strong mixture of salt and vinegar for about 48 hours. Hang in hot sun for several weeks until bone dry. Pare off small pieces and eat instead of peanuts.

Mrs. M. Palmann.

DENMARK
DANISH RICE CREAM

1 teacupful of long grain rice
1 pt double cream
8 oz almonds
1 pt milk
3 oz sugar
Tin of loganberries

Boil rice slowly in milk with 2 oz of the sugar. When rice is soft but not mushy, rinse under cold tap until all grains are separated. Beat cream until stiff, chop almonds finely, reserving about 12 of them whole. Add cream and chopped almonds to rice and arrange on plate or shallow dish in cool place until wanted. If the mixture looks a little too stiff, add a little milk to soften. Decorate with remaining almonds and serve with tinned loganberries, using the juice as well.

This pudding is served by the Danes as a Christmas pudding. It is absolutely delicious and a little goes a long way for it is very rich.

Mrs. M. Palmann.

DENMARK
DANISH MEAT BALLS, RED CABBAGE AND BROWNED POTATOES

Meat Balls

1 lb finely minced pork (500 gms)
1 medium sized onion
12 oz flour (350 gms)
Salt and pepper
Milk to mix

Chop onion and mix all ingredients together adding flour and milk alternately until you have a fairly soft mixture which drops off the spoon. Fry slowly in butter and reserve fat for brown sauce. The meat balls should be flattened before frying for easier cooking. The brown sauce, used instead of gravy, is just a plain white sauce made with the fat and butter you have reserved, and coloured with brown colouring, to be bought in any grocers.

Mrs. M. Palmann.

Red Cabbage

1 red cabbage
4 oz butter (114 gms)
4 oz sugar (114 gms)
2 fl oz vinegar
2 fl oz water
Salt and pepper

Shred fine leaves of cabbage. In heavy saucepan melt butter and add sugar but do not allow it to brown. Add cabbage and stir around until all leaves are coated. Add vinegar, water, salt and pepper and simmer for 2 to 3 hours. Taste cabbage which should have a pleasant sweet-sour taste. Adjust with more sugar, vinegar or water as needed. Some recipes say you can add 6 oz redcurrant jelly and two medium sized tart apples chopped at this stage but this is optional. Simmer, covered, for another 30 minutes and serve hot.

Mrs. M. Palmann.

Browned Potatoes

24 small new potatoes
2 oz butter
6 dessertspoons sugar
Salt

Cook potatoes until done but still quite firm. They can also be cooked in their skins and peeled afterwards. Melt butter in frying pan and when hot add sugar. Stir constantly until browned. Add potatoes and shake pan frequently until potatoes are brown on all sides.

This is a traditional Danish dinner, delicious and economical.

Mrs. M. Palmann.

GHANA
GROUNDNUT SOUP

6-8 oz groundnut paste or peanut butter
1 large onion
½ lb tomatoes
1 small tin tomato puree
1 small boiling chicken
Salt and cayenne pepper to taste
2 pts water

Wash and cut chicken into even pieces. Place in a saucepan with the water, salt and onions. Boil for about 20 minutes. Mix groundnut paste with a little warm water and add to the chicken in the saucepan. Boil for 45 minutes. Add vegetables and tomato purée and simmer for 15 minutes.

In Ghana this soup is eaten with rice or yam—their equivalent of our potato.

Mrs. M. E. Burry.

FRANCE
PROVENCAL STUFFED VEGETABLES
Serves 4

4 baby marrows
4 medium sized onions
4 large tomatoes

Stuffing

6 oz chopped veal (180 gms)
1 oz diced fat salt pork (30 gms)
1 onion—finely chopped
Olive oil
1 clove garlic—crushed
Finely chopped fresh tarragon
Salt and freshly ground black pepper
Finely chopped fresh parsley
1 egg—beaten
1 tablespoon grated Parmesan cheese
4 tablespoons boiled rice
Marrow pulp

Poach baby marrows and onions whole for 1 minute in boiling salted water. Cut tops off tomatoes, marrows and onions. Scoop out inside of vegetables and keep pulp of marrows for stuffing.

To make the stuffing:—Saute meats and onion in olive oil. Mix next 7 ingredients in a bowl. Then add them to the meat and onion mixture. Add pepper and salt to taste. Saute for a few minutes, stirring continuously and then stuff scooped-out vegetables with the mixture.

Place stuffed vegetables in an oven-proof baking dish to which you have added a little olive oil. Place a knob of butter on each vegetable and bake for ½ hour at 300° F. or Gas mark 4. Serve one of each vegetable as a main course.

Mrs. M. Palmer.

FRANCE
SOUPE A L'OIGNON
Serves 4

2 oz butter (60 gms)
Sugar
1 lb onions—peeled and sliced (500 gms)
1½ pts beef stock
Seasoning
2-3 oz Gruyère or Emmental (60-90 gms)
4 thin slices French bread—toasted

Melt the butter in a saucepan and add a few grains of sugar. Fry the onions slowly until well browned and soft. Stir in the stock, bring to the boil and simmer, with the lid on for about 30 minutes. Season to taste.

Just before serving sprinkle the grated cheese on the slices of French bread and float one on each bowl of soup.

If wished, add a dash of dry white wine to the soup before serving into the bowls.

Place the bowls (they must be heat-resistant) in the oven (hot) until the cheese melts. Then serve immediately with more grated cheese if required.

Mrs. M. Palmer.

AMERICA
ORANGE NUT BREAD

1 medium sized orange
6 oz raisins or dates (200 gms)
2 tablespoons oil
1 teaspoon vanilla
1 beaten egg
8 oz flour (240 gms)
¼ teaspoon salt
1 teaspoon baking powder
½ teaspoon bicarbonate of soda
8 oz sugar (240 gms)
3 oz chopped nuts (90 gms)

Pour juice from orange into a cup and make up to ½ pt with hot water, chop rind and raisins. Add juice to rind and raisins. Stir in egg, oil and vanilla. Add dry ingredients and nuts. Mix well. Bake in a greased loaf tin at 350° F. or Gas mark 5 for about 1 hour.

Mrs. L. Anwyl.

AMERICA
BRUNCH CASSEROLE

1 tin mushrooms—drained
1 tin mushroom soup
4 oz chopped green pepper (120 gms)
2 oz chopped onions (60 gms)
2 oz chopped pimento (60 gms)
8 oz grated cheese (250 gms)
¼ pt dry sherry
1 tin Spam—diced
1 lb cooked rice (500 gms)

Mix all the ingredients and bake in a 2 quart casserole for 45 minutes at 375° F. or Gas mark 6. Top with toasted crumbs and cheese.

Mrs. L. Anwyl.

AMERICA
WALDORF MOULD

1 3 oz packet lemon or orange jelly
½ teaspoon salt
½ pt boiling water
⅜ pt cold water
⅛ pt mayonnaise (optional)
2 teaspoons vinegar
6 oz finely chopped celery (180 gms)
8 oz chopped red apple (250 gms)
2 oz chopped walnuts (60 gms)

Dissolve jelly and salt in boiling water. Add cold water and vinegar. Chill until very thick. Fold in celery, apples, walnuts and mayonnaise. Spoon into individual moulds or a 2 pt mould, chill until firm. Serve as a side salad.

Mrs. L. Anwyl.

NORWAY
JILSLOREDE BOUDEPIKER ("veiled farmgirls")

1½ lb apples (750 gms)
2½ oz sugar (75 gms)
½ pt water
1 pt breadcrumbs
1-1½ oz margarine or butter (35 gms)
½ teaspoon cinnamon
2 oz sugar (60 gms)

Make a thick apple puree with apples, sugar and water. Melt margarine in frying pan and fry breadcrumbs with sugar until golden brown, stirring to avoid burning. Let the breadcrumbs and apple become completely cold. Arrange a layer of breadcrumbs in a dish, then a layer of apple, repeat and finish with a layer of breadcrumbs. Top with a generous layer of whipped, fresh, double cream.

Mrs. N. E. Smythe.

NORWAY
FYRSTEKAKE

9 oz plain flour (250 gms)
5 oz butter or margarine (150 gms)
4½ oz sugar (125 gms)
1 egg yolk
2 tablespoons fresh cream
1 teaspoon baking powder

Rub fat into flour. Add other ingredients and mix into a dough. Use half the dough to line a greased cake tin.

Filling

4 oz ground almonds (114 gms)
4½ oz icing sugar (125 gms)
1/16 pt water

Mix these ingredients and cover the dough. Roll out the rest of the dough and cut into half inch strips. Cover the mixture with the strips arranged in a lattice. Put a strip around the edge of the tin. Bake for 45 minutes at 300° F. or Gas Mark 4.

Mrs. N. E. Smythe.

NORWAY
FISKEGRALENG (Fish au Gratin)

1 lb boiled fish (cod, haddock) (450 gms)
2 oz margarine (60 gms)
2 oz plain flour (60 gms)
¾ pt milk
Salt
Ground nutmeg
3 eggs

Make thick white sauce from margarine, flour and milk. Let it get cool, and then mix in egg yolks. Add fish which should be boned, skinned and broken up into small flakes, and at the same time add salt and nutmeg to taste. Whip egg whites completely stiff and mix carefully into the fish and sauce. Pour into greased oven-proof dish. Sprinkle with fine breadcrumbs and cook in oven at 350° F. or Gas mark 5 for approximately 45 minutes, or until well risen and golden brown. Make sure it is cooked all the way through and if necessary cover top with greaseproof paper if getting too brown.

Mrs. N. E. Smythe.

MEN AT WORK

(A collection of recipes from some of the husbands in the village)

COOKERY FOR MEN

There is often a feeling amongst men either that they don't know, and never can know, about cookery—a kind of culinary agnosticism—or that once they have tried to cook and succeeded, they will be tied to a hot stove for evermore.

However, there are occasions when an essay in the kitchen is no bad thing; it is nice for one's wife to be able to go out for the day and not have to rush back to cook a meal—better still if it can be waiting for her. It is equally a good thing to be able to look after the family if one's wife is ill. And sometimes, choosing the right moment, of course, you can sweep into the kitchen with a 'let me do it today'.

I tend to specialise in a sort of pseudo-Indian cookery, though I can make tea and boil eggs as well. The pseudo-Indian has the advantage that it is fairly rapid, should be very tasty, and can use a wide variety of odds and ends when there's 'nothing in the house'.

The directions are fairly empirical, but after one or two attempts you will doubtless get the feel of the process and adapt it to your needs and the available materials.

I must first point out that Indian should be synonymous with delicate spices, rather than just hotness. I usually make two dishes, one of which can have a hot gravy.

One should never use curry powder, but curry paste. Curry paste retains its flavour much longer than curry powder, and may be used in conjunction with garam marsala, a mixture of spices which is much less nondescript than curry powder. You can buy it quite easily, but if you want to make it yourself, grind together 2 oz black peppercorns, 2 oz coriander seeds, 1½ oz caraway seeds, ½ oz cloves and 20 large cardamoms (skinned). Mix with ½ oz ground cinnamon, and keep in an airtight jar.

The first operation is to make the basic gravy. Then you can either throw in all the other constituents, or divide it for separate dishes.

Put ¼ lb butter into a frying pan or saucepan, and melt it gently on the stove. Chop 4 medium sized onions. About half an onion should be carefully sliced and the long curly bits put into a bowl—we will make some onion pickle later.

Tip the rest of the onion into the butter, turning it over and over, letting it fry gently. Then add a pinch of salt, 2 teaspoonsful of garam marsala, 2 teaspoonsful of mixed herbs and 2-3 chopped cloves of garlic if you like it. Keep turning it over, and add more butter if necessary.

To make the onion pickle, crush 4-5 chillies into the bowl of onion and mix; then add some tomato sauce sparingly and mix again. If you have any chilli sauce, you can use this instead of the chillies and tomato sauce. The flavour improves if the mixture stands for at least an hour or two.

You must now prepare the main dish. If you are going to use mushrooms, skin them, cut them into mushroom-shaped pieces and fry gently in butter. Eggs should be hard-boiled and shelled. Meat should be cut into cubes; if it has already been cooked, well and good. If it is raw, fry the pieces in butter, turning them over and over until they are grey.

If you are going to make two dishes, divide the onion gravy now. If you are using raw meat, put some of the gravy into a pressure cooker, as this will speed the process.

If you want to make one of the dishes hot, add curry paste to taste now, and stir in until it is properly dispersed.

Open a large tin of tomatoes, and divide between the gravies. This should give enough liquid for the rest of the cooking, but if more liquid is needed, water or, better, milk, may be added.

You now have the ingredients for a number of different dishes, so it is a matter of sorting out what you want. You can have hot meat, and egg-and-mushroom, or meat-and-mushroom and hot potato, or whatever. You see what I mean about being empirical, but it's fun.

About half an hour before you think it will be ready, put on the rice. Use long grain rice; about 2 oz per person is usually enough. Put the rice into a large saucepan, and wash it well to get rid of as much of the adherent starch as possible. Then add some salt and, if you want it to be yellow, turmeric, and boil.

If you have no hot water available, put on a kettle. Put the oven on low. When the rice is cooked—try it and see—strain it, wash it with hot water, and put it in the oven on a dish to dry and keep warm. Turn it over from time to time so that it doesn't stick together. You can add raisins if you like and disperse them throughout.

When all is ready, get your family arranged round the table, and serve. Don't forget to lay the table beforehand, and to warm the plates and dishes!

An interesting pudding is bananas cut longitudinally, fried (in butter, of course) and then put in the oven with brown sugar, rum and lemon juice.

Mr. R. Dale.

SAUSAGE PORTUGUESE
4 persons

1 lb pork or beef sausages
1 onion
1 large tomato
1 tablespoon plain flour

Finely chop the tomato and onion. Lightly fry in pan with knob of cooking fat. Take from heat and dry up the mixture with the flour.

Make the sauce by slowly adding hot stock (made with stock cube if preferred) to the mixture. Season.

Place the sausages in a baking dish, bring the sauce to the boil, pour over the sausages and cook in 350° F. oven, Gas mark 4 for approximately 30 minutes until sausages are cooked.

The sauce is improved by adding a tablespoon of red wine after the sausages are cooked.

Mr. A. M. Purvey.

NASI GORANG (Malay Fried Rice)

8 oz Patna rice (250 gms)—Everybody has their own way of cooking this—and if they have not, they are not up to the rest of this recipe!
4 oz streaky bacon (120 gms)—preferably green back—chopped finely
1 large Spanish onion—finely chopped
6 oz luncheon meat—chopped up (180 gms)
6 oz cold chicken (180 gms)
2 oz prawns (60 gms)—you can leave these out if you have not got them
1 small packet frozen peas
Coriander seeds
½-1 teaspoon paprika
Chilli sauce
1 tablespoon soya sauce

Fry bacon and rinds until crisp. Remove from pan. Fry the onions until soft with extra fat if necessary. Add coriander seeds and paprika. Fry until tender. Add luncheon meat and chicken. Add chilli sauce. Add rice to frying pan. Stir to prevent sticking. Stir in soya sauce. Add mushrooms, prawns, peas and bacon. Dish up. Make omelette with 2 eggs. Cut into strips and put on top of fried rice. If you live near a Chinese delicatessen you can add a tin of Chinese vegetables to this recipe.

This is an 'open-ended' recipe with ingredients added according to mood.

Mr. B. Oakley-Smith.

LEFT-OVER MEAT WITH HARICOT BEANS

Cold meat—diced
3 or 4 onions—chopped
2 tablespoons butter
Beans
1 teaspoon vinegar

Boil beans whole until tender but firm. Fry the onions in butter until soft. Add meat. Add beans. Season and add vinegar to taste. Add chopped parsley.

Rev. H. de Waal.

AMERICAN HASH

8 oz corned beef—cubed (230 gms)
Large can baked beans—strained
Can of tomatoes—strained
Creamed potatoes
Fried onions (optional)

Put corned beef in a casserole dish. Add beans and tomatoes, in layers. Top with potatoes. Sprinkle with fried onions, if liked. Place in oven 375°-400° F. or Gas mark 6 for 30 minutes. Serve hot.

Mr. P. Wallis.

TOMATO FONDUE
Serves 2

1 small tin condensed tomato soup
1 small clove garlic
¼ lb Gruyère cheese (or Cheddar) (114 gms)
1 small onion
Glass white wine
Salt
Pepper

1. Chop onion and garlic finely.
2. Simmer onion in wine for approximately 20 minutes adding *half* of finely chopped garlic halfway through.
3. Meanwhile, heat soup and grate cheese into it, stirring well until all the cheese is melted.
4. Add wine and onion and simmer for 5 minutes. Season to taste.
5. Serve immediately with thick pieces of toast.

Mr. C. Ancliffe.

SAVOURY MUSHROOMS ON TOAST
Serves 2

¼ lb mushrooms (114 gms) (field mushrooms preferable to button mushrooms)
Butter
Bread (½ inch thick)
Salt
Pepper

1. Chop mushrooms very finely.
2. Toast one side of bread.
3. Spread mushrooms on untoasted side.
4. Put thin slices or small knobs of butter over mushrooms, add seasoning to taste.
5. Grill for 4-5 minutes.

Mr. C. Ancliffe.

RUNNER BEAN WINE

3 lb old runner beans (1½ kilograms)
1 lemon
3 lb sugar (1½ kilograms)
3 teaspoons dried yeast

1 gallon of boiling water. Chop beans. Put beans into water, boil and simmer for quarter hour. Strain liquid into bucket, stir in sugar. When luke-warm, transfer to gallon jar. Add juice of lemon and yeast. Insert air-lock and leave to ferment. When all fermentation ceases, approximately 3 months, syphon off and bottle. Can be used after 6 months but best left until 12 months.

Mr. W. Norton.

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Notes

QUICKIES

EGGS MORNAY

3 large eggs
1 oz margarine (30 gms)
1 oz plain flour (30 gms)
½ pt milk
3 oz grated cheese (90 gms)
½ teaspoon salt
¼ teaspoon mustard
Pepper

Hard-boil the eggs and place in an oven-proof dish. Put all other ingredients (except 1 oz cheese) into a saucepan over a moderate heat and whisk continually for 2-3 minutes until thick and smooth. Pour the sauce over the eggs and sprinkle over the remaining cheese. Grill until the cheese begins to brown.

Mrs. M. Purvey.

CHICKEN DISH

1 chicken—jointed
1 tin condensed mushroom soup
1 cup of cream—optional
Salt

Put the chicken in a casserole and cover with the soup and cream. Sprinkle with salt, chopped parsley and paprika. Cook uncovered for 1½ hours at 350° F. or Gas mark 5.

Mrs. Holden.

POTATO HOTCH POTCH

4 helpings

1½ lb potatoes (727 gms)
4 oz lean bacon (114 gms)
6 oz sliced mushrooms (185 gms)
4 oz Cheddar cheese (114 gms)
2 medium sized onions
1 oz butter (30 gms)
Salt
Pepper

1. Parboil potatoes for 10-15 minutes.
2. Drain and cut into ¼ inch slices, cover bottom of pie dish.
3. Meanwhile cut bacon into small pieces and cook with mushrooms and onions in butter until soft.
4. Season, pour mixture over potatoes.
5. Sprinkle with grated cheese.
6. Bake in oven 475° F. or Gas mark 8 for 15-20 minutes.

Mrs. J. Ancliffe.

SAUSAGE CASSEROLE
2-3 helpings

8 oz chipolatas (227 gms)
1 large tin tomatoes
1 onion
Fat for frying

1. Brown onions and sausages lightly in a little fat.
2. Place in casserole dish.
3. Cover with tomatoes and season with salt, pepper, herbs to taste.
4. Bake covered, at 350° F. or Gas mark 6 for approximately 1½ hours.
   (Alternatively cook in covered saucepan on low heat for about 1 hour).
5. Serve with mashed potatoes and peas.

Mrs. J. Ancliffe.

MACARONI MINCE

8 oz minced beef (227 gms)
1 medium onion—chopped
1 oz dripping (30 gms)
1 large tin tomato soup
Salt
8 oz macaroni (227 gms)
2 oz grated cheese (60 gms)

Fry the onion in the dripping and add the mince and fry until evenly brown. Add the soup and cook gently for 15 minutes. Put the macaroni into a pan of boiling, salted water and simmer for 10-15 minutes until cooked. Drain and put into a hot dish. Pour over the meat mixture, sprinkle with grated cheese and brown under the grill.

Mrs. J. Bailey.

CREAMED CORN

16 oz tin corn
1 oz margarine (30 gms)
1 oz flour (30 gms)
Milk
3 oz grated cheese (90 gms)
Seasoning
Hot buttered toast
Paprika pepper
Parsley

Strain the corn and keep the liquor. Make liquor up to ¾ pt with milk. Melt fat and add flour. Gradually stir in the milk and bring to the boil. Add the corn and most of the cheese and seasoning. Pile on to toast and garnish with paprika, parsley and grated cheese.

Mrs. K. Briggs.

BALHEVIE SPECIAL

1 lb fresh or frozen white fish
1 can condensed mushroom soup

Roll the fish fillets and put into a casserole. Pour over the soup. Bake in a moderate oven until the fish is cooked.

Mrs. K. Brown.

COLD DAY NOURISHING SNACK

1 tin of vegetable soup
2 eggs
1 teaspoon of Marmite or Bovril (or to taste)

Empty contents of tin into saucepan, start to heat very slowly. Stir in Bovril or Marmite, when dissolved add the eggs so that they poach in the mixture. When eggs are cooked to liking, serve.

Mrs. J. W. Bright.

CHEESE, PINEAPPLE AND HAM DISH FOR SUPPER
For 2 persons

2 thick slices of ham
4 rings tinned pineapple (drained of syrup)
4 oz grated Cheddar cheese (120 gms)
Salt
Pepper
½ oz butter (15 gms)

Grease oven-proof dish liberally with butter. Place slices of ham in dish, cover these with rings of pineapple. Top with grated cheese, season. Place under pre-heated grill for 5 minutes, or until cheese is just beginning to brown.

Serve with watercress if available.

Mrs. M. Parrott.

BACON ROLLS
For 2 persons

4 rashers streaky bacon
4 1 inch cubes Cheddar cheese
½ oz lard for frying

Cut rind off bacon. Roll one cube of cheese in each rasher of bacon, secure with wooden cocktail stick. Fry for 5 minutes turning as necessary.

Serve with watercress and buttered French bread.

Mrs. M. Parrott.

QUICK SWEET AND SOUR PORK

Cold pork
1 tablespoon Worcester sauce
½ oz cornflour (15 gms)
2 teaspoons brown sugar
¼ pt water plus 4 tablespoons
2 tablespoons mixed pickles
2 tablespoons vinegar
Salt and pepper

Dice cooked pork, trim off as much fat as possible. Chop pickle fairly finely. Mix cornflour with water, put all ingredients for sauce into a pan and cook until thick, add pork and heat thoroughly. Serve with rice. Can be made with fresh pork.

Mrs. J. Prandy.

CURRIED CAULIFLOWER

1 cauliflower
4 hard-boiled eggs—quartered
Curry powder

Cook cauliflower until cooked but still firm. Divide cauliflower and arrange attractively in bottom of buttered dish. Make a white sauce, add curry powder to taste. Pour sauce over cauliflower and cook in moderate oven 20-30 minutes.

Mrs. B. de Waal.

TRULY SCRUMPTIOUS

Gouda (or similar) cheese
Ham in thin slices
Tin sweet corn
Tomato paste

Cut cheese in finger sized shapes. Wrap ham around cheese fingers. Place in buttered dish and cover with sweet corn (drained). Squeeze over approximately $\frac{1}{4}$ tube of tomato paste. Cook in moderate oven till ready. Serve with green vegetables and potatoes.

Mrs. B. de Waal.

CHICORY AND HAM DISH

1 lb chicory
$\frac{1}{2}$ lb ham cut in small pieces
2 hard-boiled eggs cut in quarters

Boil chicory 20 minutes and drain. Make a white sauce ($\frac{1}{2}$ milk and $\frac{1}{2}$ chicory stock, cheese may be added if you like). Place chicory in dish. Place on ham and eggs in layers and cover with sauce. Cook in moderate oven 20-30 minutes. Delicious.

Mrs. B. de Waal.

CHICKEN BOLOGNESE

Sauce
Scraps of chicken
1 onion
4 oz mushrooms (114 gms)
Tin mushroom soup
Bacon scraps
Pinch mixed herbs

Base
Spaghetti or macaroni

Fry chicken, onions, mushrooms and bacon about 20 minutes. Add soup, simmer. Add herbs. Garnish with peas and serve on a bed of spaghetti.

Mrs. Melia.

A QUICK DINNER PARTY SWEET

1 pkt sponge cakes (8)
1 medium tin fruit cocktail
2 tablespoons sherry
2 cartons double cream
1 pkt fan wafers
4 level tablespoons castor sugar
Instant coffee powder
1 pkt chocolate polka dots (optional)

Arrange sponge cakes in individual glass dishes. Drain off juice from fruit cocktail, add sherry to juice and pour over sponge, enough to moisten without breaking sponge. Spoon on the fruit. Tip both cartons of cream into large mixing bowl, add castor sugar and beat with rotary whisk until mixture thickens. Add instant coffee powder to taste, continue to whisk until mixture forms peaks. Fold in the chocolate drops (optional). Spoon over fruit and sponge, decorate with fan wafer, chill for 30 minutes.

Mrs. Way.

SAUSAGE PIE

Sausage-meat
Sliced apple
Pinch mixed herbs
Tinned tomatoes
Mashed potatoes

1. Put the sausage-meat in the bottom of a greased dish, with the herbs.
2. Cover with a layer of sliced apple and pour the tomatoes on top.
3. Cover with mashed potato.
4. Bake at 300° F. or Gas mark 4 for 1 hour.

Mrs. M. E. Burry.

MINCED STEAK LOAF

$\frac{3}{4}$ lb minced steak (350 gms)
2 oz ham (60 gms)
2 oz breadcrumbs (60 gms)
Seasoning
Chopped parsley
Onion
A little nutmeg
1 egg

1. Mix all ingredients.
2. Make into a roll.
3. Roast 1 hour at 300° F. or Gas mark 4.

Half an hour before it is finished pour over a tin of tomato soup.

Mrs. M. E. Burry.

GRILLED BAKED BEAN SANDWICH

1. Cover slice of toast with baked beans.
2. Sprinkle well with grated cheese.
3. Top with slices of bacon.
4. Grill till bacon is cooked and cheese melted.

Mrs. M. E. Burry.

POOR MAN'S GOOSE

½ lb liver (230 gms)
½ lb bacon (230 gms)
Seasoning
Gravy or water
1-2 parboiled onions (sliced)
Powdered sage
Parboiled potatoes (sliced)

1. Cut liver and bacon in pieces.
2. Arrange in layers in a greased pie-dish with other ingredients, ending with potatoes.
3. Bake at 400° F. or Gas mark 7 for 1 hour.

Mrs. M. E. Burry.

BACON, PEANUT BUTTER SANDWICH

1. Toast bread on one side.
2. Spread untoasted side with peanut butter and then with tomato ketchup.
3. Place rashers of bacon on top and grill until bacon is browned and crisp.

Mrs. M. E. Burry.

EGG AND CHEESE TOAST

2 oz grated cheese (60 gms)
3 eggs slightly beaten
4 tablespoons milk
4 slices hot toast
1 oz butter or margarine (30 gms)
Salt and pepper
Tomato ketchup

1. Mix eggs, milk, salt and pepper.
2. Melt butter in pan and scramble eggs.
3. Spread toast with tomato ketchup.
4. Cover with scrambled egg and sprinkle with grated cheese.
5. Place under the grill to melt cheese and brown.

Mrs. M. E. Burry.

CELERY SCRAMBLED EGG

¼ pt cream celery soup
⅛ pt warm water
4 eggs
Salt and pepper
1 oz butter or margarine

1. Stir soup well and add warm water, stirring all the time.
2. Beat eggs. Add soup and seasonings.
3. Scramble in butter.
4. Serve on hot buttered toast.

Mrs. M. E. Burry.

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EGG AND BACON OMELETTE

4 eggs
4 slices bacon
¼ lb mushrooms (114 gms)
4 tablespoons milk
Pepper
Salt

Cut bacon and mushrooms into small squares, slightly fry these until golden brown, leave in frying pan. Separate eggs. Add egg yolks to milk. Stir well until well blended, add pepper and salt. Whip egg whites until stiff, pour this over previous mixture, stir gently. Warm mixture of bacon and mushroom in frying pan, pour over the egg mixture, good oven, moderate heat for about 7 minutes. Serves 3-4 persons.

Mrs. M. J. Giddings.

CHILDREN'S CHOICE

POTATO AND TOMATO BAKE

Serves 4 children

4 heaped tablespoons mashed potatoes
4 tomatoes
2 eggs
6 oz grated cheese
4 tablespoons milk
1 oz butter

Skin and slice tomatoes and arrange in base of dish. Mix eggs, cheese, milk and butter with potatoes and beat until smooth. Put this mixture over tomatoes and bake in centre of oven at 400° F. or Gas mark 6 for approx. 30 minutes. Garnish with parsley.

Mrs. J. Wilkins.

LEMON DAINTY OR MIRACLE PUDDING

Serves 3-4

1 oz butter (30 gms)
4 oz castor sugar (120 gms)
2 oz plain flour (60 gms)
A little warm water
1 large lemon
2 eggs
1 teacup milk (6 fluid oz)

Beat butter and sugar together and add 1 tablespoon warm water. Stir in sieved flour, grated rind and juice of the lemon. Beat the egg yolks and milk together and add to the mixture. Fold in the stiffly beaten egg whites. Pour into casserole. Place dish in a pan of water and bake in the middle of the oven at 300° F. or Gas mark 2 for 1 hour.

(This is very popular, especially with children)

Mrs. D. Miller.

TREACLE POPS

4 oz Rice Krispies (114 gms)
6 level tablespoons golden syrup
1 oz margarine (30 gms)

Place margarine, sugar and syrup into a saucepan. Stir and bring to boil slowly, boil for one minute, then gradually stir in Rice Krispies and mix well. Grease liberally two 7 inch sandwich tins, divide mixture between the tins, press well down. Leave to cool and harden then divide into sections.

Makes 16 pieces.

Mrs. M. Parrott.

MUSLI (Austrian)

1 heaped tablespoon porridge oats
Fruits available (e.g. apples, bananas, oranges, etc.)
½ tin sweetened condensed milk
1 lemon

Soak oats in a little cold water, till soft but not sticky. Cut up fruit into small pieces and mix into oats. Add condensed milk and the juice from the fresh lemon. Chill for one hour.

Mrs. B. de Waal.

CHINESE CHEWS

3 oz plain flour (90 gms)
3 oz margarine (90 gms)
5 oz castor sugar (150 gms)
4 oz chopped walnuts (optional) (114 gms)
8 oz chopped dates (230 gms)
2 eggs
2 oz glace cherries (60 gms)

1. Cream margarine and sugar together.
2. Add beaten egg gradually.
3. Fold in flour.
4. Fold in fruit.
5. Bake in lined tin at 350° F. or Gas mark 5 for approximately half hour.
6. When cooked sprinkle on castor sugar.
7. When cool, cut into fingers.

Mrs. Parsons.

CARAMEL BISCUITS

Biscuit

4 oz margarine (114 gms)
2 oz castor sugar (60 gms)
6 oz S.R. flour (180 gms)

Topping

6 oz melted chocolate (180 gms)

Filling

4 oz margarine (114 gms)
2 oz castor sugar (60 gms)
2 tablespoons golden syrup
7 oz condensed milk (200 gms)
Vanilla essence

1. Line Swiss roll tin with greaseproof paper.
2. Cream margarine and sugar, mix in flour. Knead out until it spreads over prepared tin.
3. Bake for 20 minutes at 300° F. or Gas mark 4.

Filling

1. Place margarine, sugar, syrup, milk and the vanilla essence into a saucepan and allow to melt.
2. Boil (rapidly) this mixture for approximately 5 minutes stirring all the time until thick and creamy.
3. Cool slightly and pour over the biscuit.
4. Melt chocolate, and pour over the caramel.
5. Allow to set, and then cut into fingers with a sharp knife.

Mrs. Parsons.

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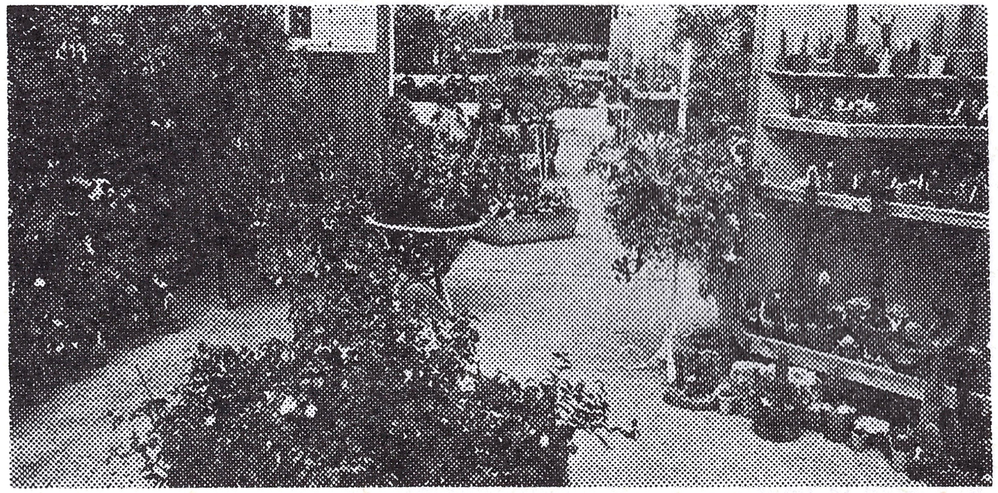

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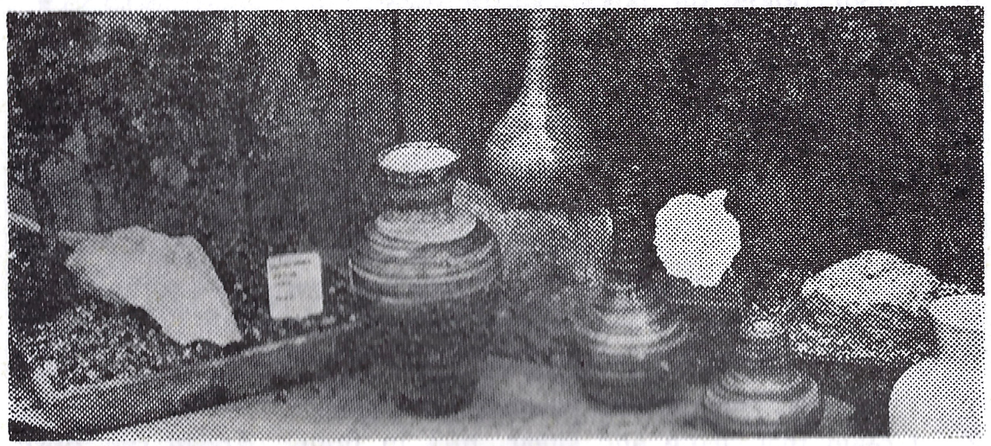

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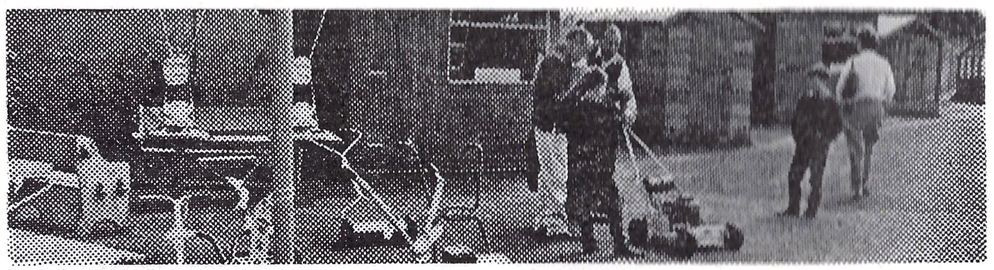

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CHOCOLATE CAKES

1 pkt digestive biscuits— less 2 biscuits
4½ oz cooking chocolate (120 gms)
2 oz butter (60 gms)
2 tablespoons golden syrup

Grease a sandwich tin. Crumble biscuits into bowl. Melt chocolate, butter and syrup in a saucepan. Pour over the biscuits and mix well. Turn into sandwich tin. Press into tin and leave to set.

Mrs. P. Lakin.

SUSSEX WELL PUDDING or "JUICE RUN OUT"

6 oz S.R. flour (185 gms)
3 oz suet (90 gms)
Salt
Water to mix
2 oz dried fruit (60 gms)
8 oz brown sugar (227 gms)
4 oz butter (114 gms)

Make suet pastry adding the dried fruit to the flour. Use ⅔ of the pastry to line a greased basin. Fill the centre with the butter and sugar. Cover with the rest of the pastry. Cover with greased paper or cloth and steam for 2 hours.

Mrs. B. Small.

PEANUT CRISPS

1 large tin condensed milk
2 tablespoons peanut butter
6 oz cornflakes (185 gms)

Mix all the ingredients together. Drop in teaspoonsful on to a greased baking tray. Cook for 20 minutes at 375° F. or Gas mark 6. When golden brown remove from oven and allow to cool.

Mrs. B. Small.

TEA TIME

EASY FRUIT LOAF

1 teacup sugar 8 oz (227 gms)
1 teacup mixed dried fruit 6 oz (185 gms)
1 teacup All Bran 6 oz (185 gms)
1 egg
⅔ teacup milk
1 teacup flour 5 oz (150 gms)
1 teaspoon baking powder

Place sugar, dried fruit and All Bran in bowl. Mix milk and egg together and pour over ingredients in bowl. Leave this standing for 1½ hours. Then add flour and baking powder. Pour mixture in fruit loaf tin. Bake in oven 300° F. or Gas mark 4 for 1 hour. Avoid opening oven door during this time. Delicious with butter.

Mrs. H. Fudge.

HAZELS SLICES

4 oz margarine (120 gms)
1 tablespoon sugar
1 tablespoon syrup
1 tablespoon drinking chocolate
8 oz digestive biscuits (250 gms)
2-3 oz raisins (60-90 gms)
Slab cooking chocolate

Melt the margarine, syrup and sugar in a saucepan. Add the drinking chocolate and mix well. Remove from heat and add crumbled biscuits and raisins. Put into a greased tin 7½ inch x 11 inch and press evenly over the base. Melt the chocolate and spread over the mixture when cold. Cut into slices.

Mrs. K. Brown.

SIMPLE FRUIT CAKE

8 oz S.R. flour (250 gms)
4 oz soft brown sugar (120 gms)
4 oz fat (120 gms)
2 eggs
¼ pt milk
12 oz mixed fruit (380 gms)
1 dessertspoon marmalade

Mix all dry ingredients in a bowl. Beat in eggs and add milk and melted fat to the mixture. Pour into a lined 8 inch cake tin and dust the top of the cake with sugar. Bake for 2 hours at 300° F. or Gas mark 2. Cover the top of cake to prevent overcooking.

Mrs. Elmitt.

COCONUT FINGERS

White bread
Coconut
Sweetened condensed milk

Cut bread into neat fingers and remove crusts. Arrange in a dish and pour condensed milk over. Leave to soak for about 30 minutes, ladling milk over at intervals. Roll the soaked fingers in coconut and toast them on all sides under the grill.

Mrs. Hawkins.

OATMEAL BISCUITS

1 cup plain flour (140 gms)
¾ cup sugar (200 gms)
2 cups quick porridge oats (300 gms)
½ cup margarine (125 gms)
2 tablespoons golden syrup
½ teaspoon bicarbonate of soda
2 tablespoons boiling water

Mix together the flour, sugar and oats. Melt the margarine and syrup in a saucepan. Combine the bicarbonate of soda and water. Mix together all ingredients and mould into small mountains on a greased tray. Bake until golden brown. These can be cooked at most temperatures and in most oven positions.

Mrs. J. Dale.

SANDWICH CAKE

6 oz margarine (185 gms)
6 oz sugar (185 gms)
6 oz S.R. flour (185 gms)
3 eggs
1 tablespoon hot water

Coffee Cream Filling

2 oz margarine (60 gms)
1 oz icing sugar (30 gms)
1 tablespoon coffee essence

Cream margarine and sugar until light. Add eggs and beat well. Add hot water. Stir in flour a little at a time. Put into two greased 7 inch sandwich tins. Bake for 30 minutes at 375° F. or Gas mark 5. When cold, cream the icing sugar and margarine, add coffee essence and beat thoroughly. Sandwich together the two cakes.

Mrs. Southgate.

APPLE CAKE

10 oz S.R. flour (300 gms)
1 level teaspoon baking powder
1 oz castor sugar (30 gms)
¾ teaspoon salt
4 oz butter or margarine (120 gms)
2 oz grated cheese (60 gms)
¼ pt milk
4 eating apples—peeled, cored and sliced
2-3 oz brown sugar (60-90 gms)
½ teaspoon cinnamon
1 tablespoon melted butter

Sift flour, sugar, baking powder and salt together. Rub in butter and mix in cheese. Add milk to make a soft but not sticky dough. Turn on to a floured board and knead lightly. Pat dough into a greased Swiss roll tin. Arrange sliced apples in rows across the dough. Sprinkle with brown sugar and cinnamon and brush with melted butter. Bake for 25 minutes at 425° F. or Gas mark 6. Makes 8-10 portions.

Mrs. K. Briggs.

DATE AND WALNUT LOAF

3 oz sugar (90 gms)
6 oz S.R. flour (185 gms)
2 oz margarine (60 gms)
1 egg
2 oz chopped walnuts (60 gms)
4 oz chopped dates—packet variety (120 gms)
½ pt boiling water
½ teaspoon salt

Melt margarine, add to the egg and whisk together. Mix all dry ingredients. Add the egg, margarine and water. Beat until smooth. Pour the mixture into a greased loaf tin. Bake for 1½ hours at 350° F. or Gas mark 4. Serve cold, spread with butter.

Mrs. M. White.

COCONUT DROPS

2 eggs
1½ cups sugar (300 gms)
1 tablespoon flour
8 oz coconut (250 gms)
Colouring if desired

Whisk eggs and sugar until thick. Add flour and coconut and mix well. Divide mixture for addition of colour. Pile mixture into pyramids on a greased tray or rice paper. Bake for 20 minutes at 400° F. or Gas mark 5.

Mrs. M. White.

AFGHAN CAKES

7 oz butter or margarine (200 gms)
3 oz sugar (90 gms)
6 oz flour (185 gms)
1 oz cocoa (30 gms)
2 oz cornflakes or Rice Krispies (60 gms)

Cream butter and sugar. Stir in flour, cocoa and cornflakes. Drop teaspoonful on to a greased tray and press down. Bake for 15 minutes in a moderate oven. When cold, decorate with chocolate icing.

Mrs. A. Pitman.

FARMHOUSE FRUIT CAKE

6 oz Superfine margarine (185 gms)
6 oz castor sugar (185 gms)
8 oz plain flour (250 gms)
½ level teaspoon baking powder
½ level teaspoon mixed spice
3 large eggs
10 oz mixed fruit (300 gms)
2 oz mixed peel (60 gms)
2 oz glace cherries—halved (60 gms)

Beat all ingredients well together in a bowl for 2-3 minutes. Line and grease a 7 inch round cake tin and pour in mixture. Bake for 1½-1¾ hours at 325° F. or Gas mark 3.

Mrs. M. Purvey.

CRISPY MALLOWS

4 oz margarine (120 gms)
4 oz marshmallows (120 gms)
4 oz creamy toffees (120 gms)
4 oz Rice Krispies (120 gms)

Melt margarine, marshmallows and toffee over a gentle heat. Cool slightly and stir in Rice Krispies. Spread in a greased, flat tin and when cool cut into squares.

Mrs. P. Sulman.

UNUSUAL SPONGE CAKE

5 oz S.R. flour (150 gms)
1 oz cornflour (30 gms)
Salt
5 oz castor sugar (150 gms)
2 eggs
5 tablespoons Mazola oil
5 tablespoons water

Line two 7 inch sandwich tins with greaseproof paper. Sieve the dry ingredients into a bowl. Separate the eggs and whisk whites until stiff. Mix the yolks, oil and water in dry ingredients. Fold in egg whites and pour mixture into tins. Bake for 25-30 minutes at 375° F. or Gas mark 5.

Mrs. Hawkins.

COCONUT BISCUITS

6 oz plain flour (185 gms)
4 oz margarine (120 gms)
2 oz sugar (60 gms)
1 egg yolk
2 oz desiccated coconut (60 gms)
1 teaspoon baking powder
A little milk if required

Rub the margarine into the dry ingredients. Add the egg and milk. Roll out the dough thinly and cut into rounds. Bake for 15-20 minutes at 375° F. or Gas mark 5. When cold sandwich together with raspberry jam and ice the tops.

Mrs. J. Smith.

GIPSY CREAMS

5 oz margarine (150 gms)
4 oz oats (120 gms)
4 oz sugar (120 gms)
4 oz flour (120 gms)
1 oz semolina or ground rice (30 gms)
Salt
1 dessertspoon syrup
1 teaspoon baking powder
1 small teaspoon bicarbonate of soda
2 teaspoons milk

Melt the margarine and sugar in a pan. Mix the flour, sugar, oats, semolina and salt in a basin. Add the melted mixture into a hollow in the dry ingredients. Tilt the pan when empty and mix the baking powder, bicarbonate of soda and milk and add to the basin. Stir all together. Roll mixture into balls and press on to a greased baking sheet. Bake at 350° F. or Gas mark 5 until golden brown.

Mrs. A. Pitman.

SULTANA LOAF

6 oz sultanas (185 gms)
4 oz soft brown sugar (120 gms)
1 cup cold tea
8 oz S.R. flour (250 gms)
1 egg

Soak the sultanas, sugar and tea overnight. Mix in the flour and egg. Pour into a greased loaf tin. Bake for 1 hour at 350° F. or Gas mark 4.

Mrs. Holden.

SPECIAL LARGE DUNDEE CAKE

9 oz butter or margarine (300 gms)
9 oz castor sugar (300 gms)
4 eggs
9 oz sultanas (300 gms)
9 oz currants (300 gms)
9 oz flour—6 oz plain, 3 oz S.R. (300 gms)
2 oz mixed peel (60 gms)
2 oz cherries (60 gms)
2 tablespoons cold water

Line a 9 inch cake tin with a double layer of greaseproof paper and grease. Cream the fat and sugar, add the egg and fruit. Fold in the flour and water. Pour into the prepared tin and leave overnight. Blanch and split 30 almonds and arrange on the mixture. Bake for 2 hours 20 minutes at 320° F. or Gas mark 3.

Mrs. Hawkins.

SHORTIE BISCUITS

4 oz plain flour (120 gms)
2 oz ground rice (60 gms)
4 oz margarine (120 gms)
2 oz castor sugar (60 gms)

Sieve flour and rice and rub in margarine and stir in sugar. Knead and press into solid ball. Roll out approximately $\frac{1}{4}$ inch thick, prick all over. Cut into strips. Put on greased and lightly floured tin. Bake for 30 minutes at 300° F. or Gas mark 4.

Mrs. M. Neill.

SANDWICH CAKE

3 eggs
1$\frac{1}{2}$ tablespoons milk
$\frac{1}{2}$ teaspoon vanilla essence
6 oz castor sugar (185 gms)
6 oz S.R. flour (185 gms)
1$\frac{1}{2}$ teaspoons baking powder
3 oz margarine—just melted (90 gms)

Whisk eggs well with the milk and vanilla essence. Add the sugar a little at a time and beat well. Fold in the sieved flour and baking powder. Fold in the margarine and mix well. Pour into two 7 inch sandwich tins. Bake for 12-15 minutes at 350° F. or Gas mark 5.

Mrs. A. Duce.

STREUSEL CAKE

Mixture

3 oz margarine (90 gms)
6 oz castor sugar (180 gms)
1 egg
6 oz plain flour (180 gms)
2 level teaspoons baking powder
$\frac{1}{2}$ teaspoon salt
Just under $\frac{1}{4}$ pt milk

Topping

3 oz brown sugar (90 gms)
1 teaspoon cinnamon
2 oz chopped walnuts (60 gms)
1 oz plain flour (30 gms)
1 oz melted margarine (30 gms)

Cream the margarine and sugar. Add egg, flour, baking powder and salt alternately with the milk, mixing thoroughly after each addition.

Combine all the ingredients for the topping.

Grease a 10 inch x 6 inch Swiss roll tin. Spread half the cake mixture in the tin. Sprinkle with half the topping. Cover with the remaining cake mixture and sprinkle with the rest of the topping.

Bake for 35-40 minutes at 300° F. or Gas mark 4.

Mrs. P. Lakin.

BANANA AND WALNUT LOAF

12 oz S.R. flour (350 gms)
$\frac{1}{4}$ teaspoon salt
3 oz margarine (90 gms)
3 oz castor sugar (90 gms)
3 oz chopped walnuts (90 gms)
1 large egg
4$\frac{1}{2}$ oz golden syrup (120 gms)
3 medium bananas
Icing and chopped walnuts

Sift flour and salt together. Rub in margarine, stir in sugar and nuts. Mash bananas and blend with beaten egg and syrup. Pour into dry ingredients, mix and turn into 2 well greased loaf tins. Bake for 1 hour at Gas mark 4 or 300° F. While still warm, ice and sprinkle with nuts.

Mrs. H. Blandon.

FLAPJACKS

5 oz butter or margarine (130 gms)
3 oz Demerara sugar (90 gms)
2 oz golden syrup (60 gms)
8 oz porridge oats (227 gms)
Squeeze of lemon juice
Pinch of salt

Melt butter or margarine, sugar and syrup in saucepan over low heat, stirring so that the mixture doesn't stick. Remove from heat. Stir in porridge oats, lemon juice and salt. Mix well. Spread evenly over a greased, shallow baking tray. Bake at 350° F. or Gas mark 5 for approximately 25 minutes. Mark in fingers while still warm.

Mrs. H. Blandon.

BARA BRITH (Speckled Bread)

A Welsh tea bread—this recipe comes from Anglesey

12 oz mixed fruit (400 gms)
1½ teaspoons cinnamon
2 eggs
1 cup strong warm tea (strained)
1 tablespoon marmalade
8 oz soft brown sugar (227 gms)
1 lb self raising flour (500 gms)

Pour tea on fruit, leave overnight. Beat in eggs, then marmalade and cinnamon. Add sugar then flour. Place in greased tins. Cook in oven at 300° F. or Gas mark 4 for 1½-2 hours.

Mrs. J. Prandy.

CANADIAN GINGERBREAD

(10 portions)

8½ oz plain flour (240 gms)
Pinch of salt
Level teaspoon ginger
½ teaspoon spice
½ teaspoon cinnamon
¼ pt warm water
3 oz sugar (90 gms)
10 oz golden syrup (290 gms)
9 oz margarine (260 gms)
1 egg (lightly beaten)
Level teaspoon bicarbonate of soda

Sieve together all dry ingredients, add sugar, mix well. Heat margarine and syrup together until blended. Add this and beaten egg to flour and spices. Dissolve bicarbonate of soda in warm water and mix evenly to mixture. Bake in well greased tin at 300° F. or Gas mark 4 for 1½ hours.

Mrs. H. Blandon.

Notes

MISCELLANEOUS

LENTIL AND BACON SOUP

Serves 4

4 oz lentils (120 gms)
1 large carrot
1 large onion
3 rashers streaky bacon
1 level dessertspoon cornflour or plain flour
½ pt milk
Salt and pepper
2 chicken stock cubes and 1½ pt boiling water
or
1½ pt stock

Put lentils in a bowl. Cover with cold water. Soak for 1 hour. Meanwhile, scrape and chop carrot. Skin and chop onion. Remove bacon rinds; chop rashers. Dissolve stock cubes in boiling water. Drain lentils. Put in pan with stock and bring to boil. Add carrot, onion and bacon and simmer for 1 hour. Blend cornflour or flour with a little of the milk. Stir mixture into soup. Add rest of milk. Bring to boil, stirring. Season. Serve with bacon if liked.

Mrs. D. Miller.

AN EASY WAY TO MAKE SHRIMP OR PRAWN COCKTAIL

For 4 persons

8 oz shrimps or prawns—tinned or frozen (227 gms)
(If tinned must be drained)
1 lettuce
2 tablespoons salad cream
2 tablespoons tomato sauce
2 tablespoons top of milk
A little lemon juice
Salt and pepper

Wash and drain lettuce, place in bottom of stemmed glasses, place shrimps on top. Mix remaining ingredients together to make sauce and divide equally between the four glasses.

Mrs. M. Parrott.

GREEK STUFFING FOR CHICKEN

½ cup long grain rice (120 gms)
2 tablespoons olive oil
1 tablespoon lemon
1 tablespoon honey
Chopped herbs
Onion and garlic

Mix together and put inside the bird.

Mrs. C. Pook.

STUFFED GREEN PEPPERS

2 green peppers
1 onion
1 tomato
Seasoning
2 hard-boiled eggs
1 rasher of streaky bacon
Mayonnaise
Parsley

Cut the peppers in half and remove the seeds. Boil for 5 minutes in slightly salted water, drain and allow to cool. Chop and fry the bacon, add chopped onion and tomato. Allow to cool and then combine them with mayonnaise. Season and stuff the peppers. Garnish with parsley. Serve as a salad.

Mrs. M. King.

FRUIT DRINK

3 large oranges
3 lemons
2 lb sugar (1,000 gms)
1 oz tartaric acid (30 gms)

Grate the peel from the oranges and lemons and place in a bowl along with the juice. Add the sugar and acid and pour over 4 pints of boiling water. Leave to stand for 24 hours. Strain and bottle. Fills 4 squash bottles.

Mrs. J. Smith.

RUSSIAN TOFFEE

2 tablespoons syrup
3 oz butter (90 gms)
1 small tin condensed milk
1 teacup water
1 lb sugar (500 gms)
Vanilla essence

Put sugar, butter, syrup, water and condensed milk in a saucepan and dissolve them slowly. When the sugar has dissolved, bring to the boil and boil gently for 20 minutes stirring frequently. The mixture is ready when a teaspoonful dropped in water becomes firm. Pour into a greased tray and allow to cool before cutting.

Mrs. M. White.

STRAWBERRY ICE CREAM

1 lb strawberries (500 gms)
6 oz sugar (185 gms)
4 tablespoons water
3 egg yolks
½ pt cream

Liquidise or strain the strawberries and stir in half the sugar. Boil the rest of the sugar with water for 4-5 minutes. Whisk egg yolks and add the syrup. Continue whisking until thick and light. Add the cream and liquid strawberries. Mix well and pour into a freezer container. Freeze, removing occasionally to stir.

Mrs. P. Wigley.

ME PATE

8 oz lambs liver (227 gms)
4 oz butter (114 gms)
1 level teaspoon mustard
Salt, pepper and nutmeg
1 tablespoon brandy or sherry

Fry sliced liver in 2 oz butter gently in a covered pan for about 5 minutes. Mince or rub through a sieve. Pound it with the rest of the butter, mustard and seasonings. Mix the brandy or sherry into the drippings and pour into the mixture. Pack into a basin and top with melted butter. Makes 4 servings.

Mrs. S. Willows.

HELENSBURGH CANDY

1 large can evaporated milk
2½ lb sugar (1¼ kilograms)
2 oz butter (60 gms)
½ teaspoon vanilla essence

Combine evaporated milk, sugar and butter in a large heavy saucepan and heat slowly until the sugar has dissolved.

Bring to the boil and boil gently for 25-30 minutes. The candy is cooked when a teaspoonful dropped in cold water forms a soft ball.

Remove from the heat, add the vanilla essence and beat until the mixture is thick and creamy, about 8-10 minutes. Pour into a shallow, oiled tin and allow to set. Cut into squares when cold.

Mrs. K. Brown.

SEA URCHINS
(Good starter for a meal)

4 good sized tomatoes
3 oz prawns or shrimps
½ cucumber
1 dessertspoon salad cream
1 teaspoon anchovy
1 teaspoon Worcester Sauce
Seasoning
Garnish

Cut bottoms off tomatoes and scoop out inside. Peel cucumber (save little for decoration) and grate roughly. Keep back 3 prawns per tomato, chop rest of prawns and mix with cucumber. Add salad cream to bind. Add anchovy and Worcester Sauce and seasoning. Put into tomato cups and decorate with prawns. Add lids and parsley. Serve on bed of lettuce and cucumber.

Mrs. E. M. Norton.

CHOCOLATE TOFFEE

2 tablespoons golden syrup
2 tablespoons sugar
Small knob of butter
1½ tablespoons cocoa (or cup chocolate)

Place ingredients into saucepan and boil for about 15 minutes, until it goes hard when dropped into cold water. Pour into greased tin.

Mrs. M. Neill.

PICCALILLI

2 lb mixed vegetables (cauliflower, cucumber, onions) (1 kilogram)
2 oz cooking salt (60 gms)
1 pt vinegar
15 chillies
2 tablespoons cornflour
8 oz granulated sugar (227 gms)
2 oz mustard (60 gms)
½ oz turmeric (15 gms)

Cut vegetables into small pieces weighing about 2 lb. in all when prepared. Place in an earthenware bowl and sprinkle with the salt. Leave to stand overnight. Then drain well. Boil the vinegar and chillies for 2 minutes. Allow to stand for half an hour, then strain. Next mix together sugar, mustard, turmeric and cornflour, blend with a little of the cooled vinegar, bring remainder of vinegar back to boil, pour over, blend and return to saucepan and boil for 3 minutes. Remove from heat and fold in the strained vegetables. Pack into prepared jars and cover at once with vinegar-proof cases.

Mrs. A. Duce.

GINGER BEER PLANT

2 oz bakers yeast

Add

1 pt cold water
2 teaspoons ground ginger
2 teaspoons sugar

Feed daily for 7 days with

1 teaspoon sugar
1 teaspoon ground ginger

Mix well

Bottling

Strain through a cloth and add:

8 oz sugar
1 pt hot water
2¼ pts cold water
2 tablespoons lemon juice

Fill bottles 3 inches from top and leave at least 2 weeks. Use bottles with screw tops as others are apt to burst.

To restart plant

Scrape off cloth and add 1½ pts water. Mix well. Put into 2 jam jars.

Add

2 teaspoons sugar
2 teaspoons ginger

to each jar. Feed daily as before. The plant doubles itself each week.

Mrs. B. de Waal.

CHOCOLATE FUDGE

½ lb sugar (230 gms)
2 oz butter (60 gms)
¼ pt water
1½ oz cocoa (45 gms)

Put water and sugar in saucepan, melt sugar on gentle heat. Add butter and cocoa, bring to the boil and boil gently for approximately 30 minutes until a frothy consistency and it appears to stick hard on spoon. Pour into greased tin.

Mrs. M. Neill.

ICE CREAM

1 large can evaporated milk (chilled)
3 tablespoons castor sugar
1 teaspoon gelatine
1 tablespoon boiling water
1 teaspoon vanilla essence or flavouring (optional)

Dissolve gelatine in boiling water and add to evaporated milk. Whip until thick and frothy. (At this stage it can be used as a cream for topping various sweets). Put into a container and put into the freezing compartment of refrigerator. When mixture starts to freeze, remove, add flavouring if required. Whip once more and return to freezer.

Mrs. S. Wallis.

CHEESE STRAWS

3 oz S.R. flour (90 gms)
1½ oz butter (45 gms)
2½ oz grated cheese (75 gms)
½ egg yolk
A little water
Salt, pepper, dry mustard to taste

Mix the flour and seasonings in a bowl. Rub in fat and cheese. Mix in egg yolk and add water to give a smooth fairly stiff dough. Roll out dough thinly and cut into narrow straws of even length and thickness. Make a few rings and bake on a greased flat tin for about 5 minutes until brown, at 450° F. or Gas mark 8.

Mrs. P. Merrifield.

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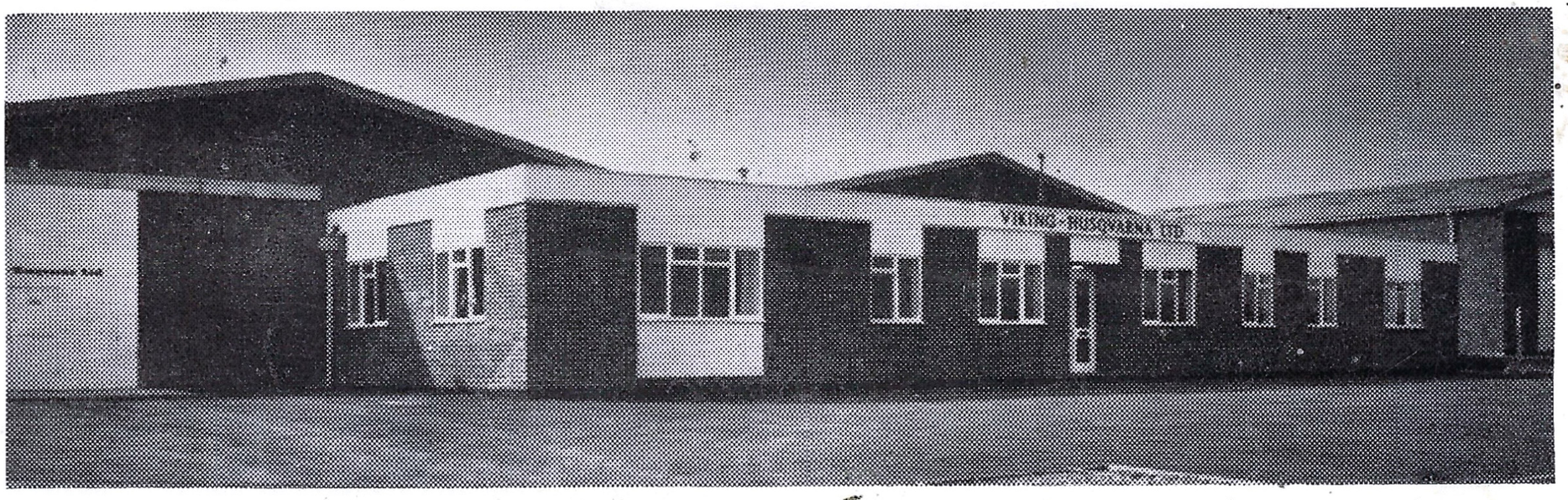

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